

I'm Not Alone. You're Not Alone. **We're All In This Together!**

Many of us are facing daily challenges that can be stressful, overwhelming and emotional to ourselves and those around us. Understanding your mental health is important and influences your well-being. Normalizing your feelings of distress, despair and trauma can help you cope. Reaching out for support is an important step in healing.

Healthy Ways to Cope With Stress



CONNECT WITH YOUR COMMUNITY, with others, talk to people you trust about your concerns and how you are feeling.



TAKE BREAKS from watching, reading or listening to social media and the news.



TAKE CARE OF YOUR BODY: eat healthy, exercise, get plenty of sleep and avoid excessive alcohol and substance use.



MAKE TIME TO UNWIND and participate in activities that you enjoy with the people you love.

Reach out to a trusted source such as family and friends, your doctor, therapist or clergy. Your Employee Assistance Program (EAP) is available along with the resources listed to the right.

RESOURCES:

NATIONAL CRISIS TEXT LINE(S): TEXT 988 OR 741741

NATIONAL SUICIDE PREVENTION HOTLINE: 988

MENTAL HEALTH SCREENING TOOLS
<https://mhanational.org/self-help-tools>

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
(800) 950-6264
<https://nami.org/Your-Journey>

AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)
<https://www.apa.org/topics/crisis-hotlines>

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)
(800) 662-4357
<https://www.samhsa.gov/find-treatment>

NATIONAL DOMESTIC VIOLENCE HOTLINE
(800) 799-7233
<https://www.thehotline.org>

VICTIM CONNECT RESOURCE CENTER
(855) 484-2846
<https://victimconnect.org/resources/national-hotlines>

AMERICAN FOUNDATION FOR SUICIDE PREVENTION
<https://afsp.org/get-help>