

Your Mental Health MATTERS!

IF YOU FEEL:

Your Thoughts Racing

Persistent Sadness or
Mentally Overwhelmed

Uncertainty About the Future

Thoughts of Suicide or Self-Harm

Difficulty Sleeping or Sleeping Too Much

These feelings don't define us!

Confidential support is available to you
through the crisis support lines below

Practice Square Breathing: breath in for 4 seconds,
hold for 4, out for 4, repeat 10 times

Using positive self-talk by first acknowledging the
difficulty and then repeating positive affirmations,
"I can do hard things" or "I can get through this"

Talking to or visiting family and friends

Staying active, drinking water and
focusing on balanced nutrition

If you need immediate assistance, know someone who does, or are unsure
what to do, support is available through all of these support lines:



988 | SUICIDE & CRISIS
LIFELINE

<https://chat.988lifeline.org/>

CRISIS TEXT LINE |

Text NATIVE to 741741

EAP 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.foh4you.com)