

# ***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)