

Your Mental Health **MATTERS!**

IF YOU FEEL

Lying awake at night,
unable to sleep.

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

EAP24 HOURS A DAY

800-222-0364 | FOH4You.com