

# MENTAL WELLNESS RESOURCES

## Your Mental Health is as Important as Your Physical Health!

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

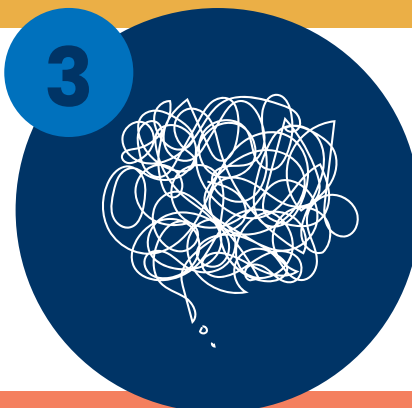


### If You Are Experiencing

Anxiety, Depression, Eating Disorders, Emotional Dysregulation, Bipolar Episodes, Schizophrenic Episodes, or other struggles...

## Use Positive Coping Strategies

Meditation, Mindfulness, Yoga, Breathing Exercises, Grounding Skills, Journaling, Acceptance, Seek Therapy, Let an Adult Know



### Avoid these strategies

Substance abuse, Self-medication, Violence & Abuse, Self-harm, Compulsivity, Dissociation, Catastrophizing, Isolating

## Community Resources

- Nationwide Suicide Prevention – Crisis Lifeline: **Call/text 988 or chat at [988lifeline.org/chat](https://988lifeline.org/chat)**
- Crisis Text Line: **Text "TALK" to 741741**
- Lake County Behavioral Health – Emergency 24 Hour Crisis Line: **(800) 900-2075**

