

YOU ARE NOT ALONE.



EVERYONE HAS CHALLENGING DAYS.

Most people feel many different emotions throughout the day. Stress can be a normal response to life's changes, pressures and challenges.

Here are some mental health tips to help with any new challenge.

Stress management skills work best when practiced ahead of time, not just when the pressure is on.

Take a stand against over scheduling • Get a good night's sleep • Find the upside • Make time for fun
Treat your body well • Solve the little problems when possible • Build positive relationships

There is **HELP**.
There is **HOPE**.



**Medical & Public Safety
Emergencies**
Call 911

**National Suicide
Prevention Lifeline**
Call or Text 988

OnPoint Access & Crisis Services
Call 269-673-0202
Toll-Free 1 (888) 354-0596

The Trevor Project (LGBTQ)
(866) 488-7386 or Text 678678

Veterans Crisis Line
Call 988 and select 1
or Text 838255

OKAY2Say
(855) 565-2729 or Text 652729

 **OnPoint**
Caring for Allegan County