

Mental Health Resources

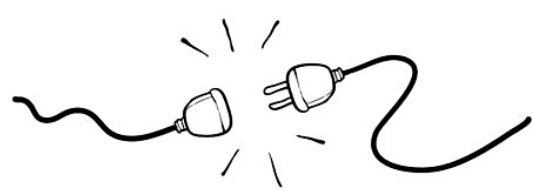
Research-Backed Mental Health Tips



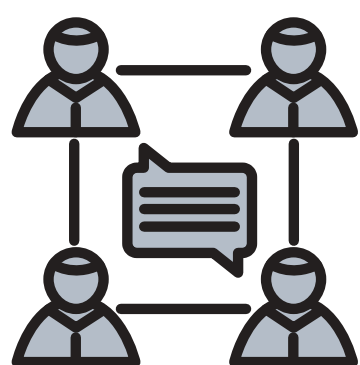
Stay mindful of your eating, exercise and sleep habits



Practice forgiveness and Gratitude



Dedicate time to disconnect from electronics and technology



Know when to seek help from your social circle and/or a licensed mental health provider

By Phone

Suicide Hotline
800-273-8255

Crisis Textline
Text 741741

SAMHSA Mental Health Hotline
800-662-4357

The Trevor Project Helpline
for LGBTQ+ Youth
866-488-7386

or text: 678-678



Apps



STOP, BREATHE
& THINK



pacificca



Insight Timer



Calm

Websites for Resources and Education

www.nami.org



www.mentalhealth.gov

MentalHealth.gov

www.samhsa.org

