

MENTAL HEALTH AWARENESS

You are not alone!

If you or someone you know is feeling depressed or anxious, please know that you can and will feel better with help!

Please reach out!

Risk factors and helpful ideas to know are on the back on this card.

Risk Factors to Know

- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Loss of relationship(s)
- Lack of social support & sense of isolation
- Stigma associated with asking for help
- Alcohol & other substance use disorders

Skills to Use

- Talk to an adult you trust
- Try not to isolate yourself
- Make time to exercise
- Get regular sleep
- Eat healthy foods
- Encourage friends to talk
- Cut back on social media
- Volunteer and become active in the community

**The Connection Youth Services - call/text
1-(866)440-SAFE(7233)**

**Community Mental Health (24/7)
517-546-4126**

**Crisis Text Line
Text HOME to 741741**

**National Suicide Prevention Lifeline
1-800-273-8255**