

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 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



National Suicide
Prevention Lifeline
[https://
suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

The Connection Youth Services

call/text
1-(866)440-SAFE(7233)

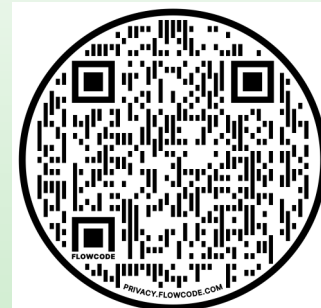
Community Mental
Health (24/7)
517-546-4126

Crisis Text Line

Text HOME to
741741

National Suicide Prevention Lifeline

1-800-273-8255



Crisis Text Line
<https://www.crisistextline.org/>