

## Where to Get More Support:

Call the **National Suicide Prevention Lifeline** at **1-800-273-8255**. This is a free 24-hour hotline answered by the certified crisis center nearest to your area code. (Press 1 for a dedicated line for Veterans and their families. Para español, oprima 2.) The National Suicide Prevention Lifeline has TTY capability, which can be accessed by calling **1-800-799-4TTY (4889)**.



If you have **health insurance** call your insurance provider to find out what is covered and how to obtain a referral.

Ask your Human Resources Department if you have access to an **Employee Assistance Program** (sometimes called "EAP").

If you have Medi-Cal, contact the Behavioral Health Department in your county. [bit.ly/1SCjUhd](http://bit.ly/1SCjUhd)

Find **support groups**: [bit.ly/1HNmHLL](http://bit.ly/1HNmHLL)

For emergency housing, food, and other support, call 211, or visit **211.org**.



## Concerned about someone in your life but not sure what to do? Try taking these steps:

**1. Find a time to talk privately**, and share why you're concerned. Ask questions that call for more than just a yes/no or one word response and then really listen.

**2. Offer hope and support.** Let them know that struggling with mental health is quite common and that people can and do recover.

**3. Share resources.** Offer information about where to find help.

**4. Follow-up.** Ask the person how you can help, and follow their lead about what is helpful.

**5. To learn more about the signs of suicide**, how to have a conversation with someone you are concerned about, and more resources visit [www.suicideispreventable.org](http://www.suicideispreventable.org)

## Who is Each Mind Matters?

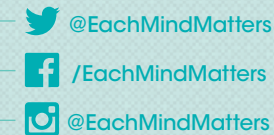
Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations who share a vision of creating a community where everyone feels comfortable reaching out for the support they deserve.

## Get Involved!

Visit [eachmindmatters.org](http://eachmindmatters.org) to find events near you, volunteer, find more resources, or get equipped with tools and lime green wear to help spread the word.



Like/follow us!



## Mental Health Support Guide



BE THE VOICE OF HOPE



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).





We all experience different levels of mental health as we go through life, and mental health problems can be very common. In fact, 50% of us will experience a mental health challenge in our lifetime.

The good news is that people recover from mental illness all the time. With support and treatment, between 70% and 90% of individuals report reduced symptoms and improved quality of life.

Good mental health enables people to realize their potential, cope with the normal stresses of life, work productively, and have happy relationships with others.

Join Each Mind Matters and learn what you can do to boost your own mental health and well being, support the people you care about, and help create open and supportive communities.



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### How to fight stigma in your community:

Judgment and unfair treatment (sometimes called stigma) can make people hesitant to reach out for support.

We can all help create more open and supportive communities by simply starting a conversation about mental health in our daily lives.

### Here are three easy ways you can help:

- 1 Wear a lime green ribbon in your everyday life and share why mental health matters to you when asked about it.
- 2 Speak up when you hear inaccurate information about mental health and share the facts.
- 3 Share videos, blogs, or photos from EachMindMatters.org on Facebook or Twitter to get your friends talking.



### If you're struggling with your mental health, it can be difficult to know where to go and what to do. Here are a few tips:

#### Where to go:

Start by thinking about people you already know and trust: Do you have a spiritual leader to talk to? What about your doctor? If you're in college, is there a health or counseling center on campus? What about a family member or friend? If at first you don't find a good fit, keep trying.



#### What to do:

- Talk openly with your supporter about what you are experiencing.
- Stay in touch with friends and family. Give them specific things to do that can help during your recovery.
- Consider connecting with others who are going through something similar by finding a support group, or asking your mental health professional about peer support.

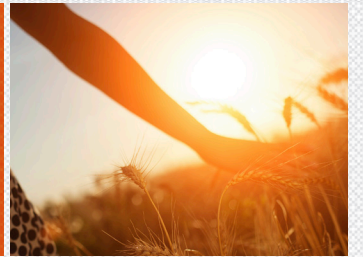


### Here are some simple things everyone can do to boost mental health and wellness.



**Get moving.** Light exercise 3 days a week improves happiness and work productivity.

**20 minutes of sunlight** can help your mood, concentration and sleep.



**Get together with friends or family.** Studies suggest that social support networks help you deal with stress and may even help you live longer.



**Play games.** Keeping your mind active by doing things like playing new games can alleviate depression, especially as we get older.

Tear off and keep with you or use as a bookmark.