

NAVIGATING MENTAL HEALTH

During Times of Change and Uncertainty

In challenging times of change and uncertainty, we understand that mental health matters more than ever. Whether you're directly impacted or supporting someone who is, it's essential to prioritize your well-being.



Tips for Self-Care During Uncertainty:



Stay Informed, but Limit Exposure:

Stay informed from reliable sources, but avoid excessive news consumption.



Stay Connected:

Reach out to friends and family for emotional support, even if it's just a virtual chat.



Practice the Well-being Essentials:

Prioritize well-being with exercise, balanced eating, and mindfulness to improve sleep and reduce anxiety.



Maintain Routine:

Create a daily schedule to bring structure and predictability into your life.



Seek Professional Help:

If your mental health is severely impacted, consider speaking to a mental health professional.

Free Resources:

988 Suicide & Crisis Lifeline

Call or text **988**; Llame al **988**
(para ayuda en español)

Use [Lifeline Chat](#) on the web (English only)

The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress. Call or text 988 to connect with a trained crisis counselor.

SAMHSA National Helpline

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders. Call SAMHSA's National Helpline, [\(4357\)](tel:1-800-662-HELP).

Mental Health Guide

A guide to mental health information and resources, helping you recognize mental illness and enhance mental well-being.



Veterans Crisis Line

The Veterans Crisis Line is a free, confidential resource that connects veterans 24 hours a day, 7 days a week with a trained responder.

The service is available to all veterans and those who support them, even if they are not registered with the VA or enrolled in VA healthcare.

Mental Health Apps

Insight Timer: a meditation and mindfulness app offering a vast library of guided meditations and relaxation exercises.

Happify: science-backed activities and games designed to improve users' emotional well-being and resilience.

Know someone going through hard times?

Scan the QR code to watch a webinar on how to best support others

