1. CHECK IN

Check in with yourself
- How am I doing?
- Am I noticing a difference in myself?
- Could I use some extra support?

Have a check-in chat
- Ask someone how they are doing
- Really listen to their answers
- Let them know you care and are willing to support them

2. LEARN MORE

Learn when your chosen support system can be helpful:
- Becoming anxious, worried, or overwhelmed all the time
- Being unable to focus on work or school
- Withdrawing from friends and activities
- Feeling sad, hopeless or helpless
- Having difficulty coping with daily problems or stress
- Using more alcohol or drugs than usual or more often
- Acting moody or irritable
- Changing from healthy eating or sleeping patterns to non-healthy eating or sleeping patterns

3. GET SUPPORT

Talk openly with someone you trust about what you are experiencing.

Seek help from a mental health professional or your chosen support system.

Stay in touch with people who care about you. Tell them specific things they can do to support.

Connect with others through a Peer support group.

For immediate help, call 9-8-8 or (INSERT County crisis line).
See TakeAction4MH.com/find-help-now for a list of resources.
Take Action at www.TakeAction4MH.com
Connect on social media @TakeAction4MH

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