



RESOURCES FOR MENTAL HEALTH



Imagine - John sits down with his teenage daughter, Alex, for dinner. During the meal, Alex's usual chatter fades, replaced by silence. With a trembling voice, Alex shares she is struggling with her mental health—crippling anxiety and a pervasive sense of sadness. John, like any parent, is hurt to hear that his daughter is experiencing these challenges, but unfortunately this situation is all too common. So what can John and other parents do?

Whether it is a child, spouse, friend, coworker or even ourselves, it is likely that at some point we will need resources to support mental health. The good news, is there are plenty of resources available for mental health- from emergency situations to proactive care.

NAVIGATING MENTAL HEALTH RESOURCES



Since there are a lot of amazing resources available to access for any specific mental health need at any given time, the challenge can be navigating through it all to the right resource in the moment.

Make sure and use the QR code to link to detailed information on resources, broken down to help you identify what you need. Let's also cover some of the main types of mental health resources available:



Emergency Resources : *If you or someone else is experiencing a crisis or emergency situation (for example, expressing thoughts of suicide, self-harm or violence) seek immediate help.*

Call 911 or 988



Community Support and Hotlines: there are numerous community support resources and hotlines available. Organizations like the National Alliance on Mental Illness (NAMI) and the Substance Abuse and Mental Health Services Administration (SAMHSA) offer valuable resources and information. There are also crisis hotlines that provide immediate support if you need someone to talk to.



Professional Mental Health Resources: there are also professional mental health resources available to us. Many companies and unions offer employee assistance programs (EAPs) that provide confidential counseling services at little or no cost to employees. Company and Union benefits programs can also connect you with professional help.



Talk to Someone You Trust: You don't have to go it alone! If you or someone you care for is in need of help, talk to a trusted, friend, leader, peer or HR for additional support and resources.

Make sure to scan the QR code and bookmark it for a variety of resources right at your fingertips and be prepared with resources when they are needed.

Get Access to Mental Health Resources Now 



Get Access to
Mental Health
Resources Now



Sign In

Date: _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

21 _____

22 _____

23 _____

24 _____

25 _____

26 _____

27 _____

28 _____

29 _____

30 _____