

Mental Health

Empower yourself to lead a happier and healthier life.



Practice self-care: Take the time to meditate, stretch, eat healthy, exercise, and get enough sleep. Talk to others about how you are feeling. Share your concerns with friends.



Take breaks from news stories: Too much information about negative events can take a toll on your well-being. Try to limit news. Turn off screens for a while every day.



Talk to your doctor: Tell them your mental health concerns. They may be able to help and can refer you to a mental health professional.



Resources: Call or text 988 or visit 988lifeline.org for free and confidential emotional support. Available 24/7.