

Mental Health Resources

Your Mental Health and Well-being Matters!

Taking care of your mental well-being is as important as caring for your physical health. This flyer provides quick and easy access to valuable resources that can offer support and guidance when you need it most. Please keep this information handy – you are not alone.

WHEN TO CALL

Everyone experiences stress, but it's important to reach out for support when feelings become overwhelming, persistent, or start to significantly impact your daily life, work, or relationships.

Don't hesitate to seek help before things feel unmanageable.

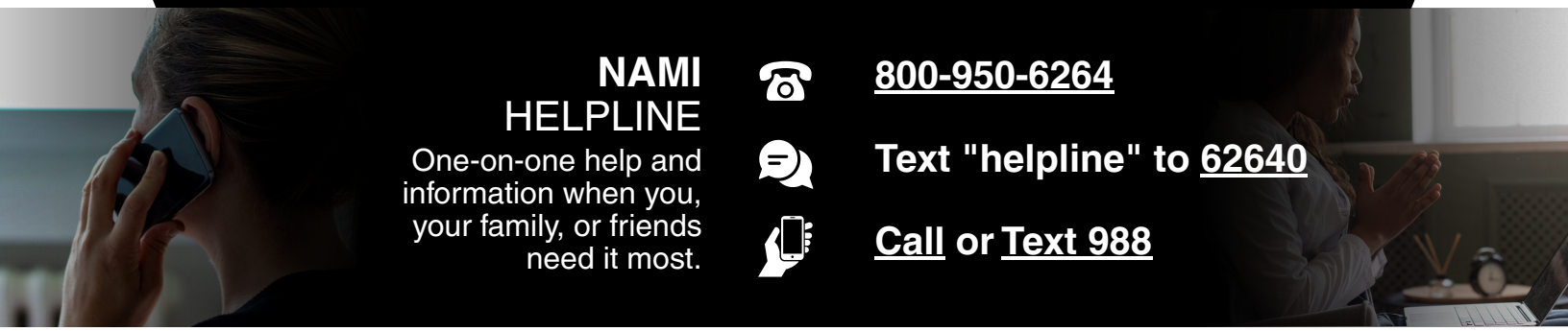
What's an EAP?

Do you or anyone in your household have an EAP with their employer?

An Employee Assistance Program (EAP) is **a confidential service that assists employees and their families** with various personal and work-related issues, offering resources, counseling referrals, and support for stress, anxiety, and relationship challenges.

WHO TO CALL

- **988 Lifeline:** Call or text 988 for confidential support 24/7
- **SAMHSA Helpline:** 800-662-HELP (4357) Confidential treatment referrals and information
- **NAMI** (National Alliance on Mental Illness) Helpline: See below



NAMI HELPLINE

One-on-one help and information when you, your family, or friends need it most.

☎ **800-950-6264**

Text "helpline" to 62640

Call or Text 988

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