Mental Health: Self-Help Resources

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to other, and make healthy choices.

Be sure to check out these resources to address mental health:

Mental Health America

Online screenings are quick and easy ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable.

▶ **Take a Mental Health Test | MHA Screening (mhanational.org)**

DIY Tools, such as questionnaires, worksheets, and Apps, to help you learn skills and understand where your negative thoughts come from and what to do with them.

▶ **DIY Tools | MHA Screening (mhanational.org)**

CDC

Provides education, publications, tools and resources, and a mental health quiz in order for you to educate yourself about mental health.
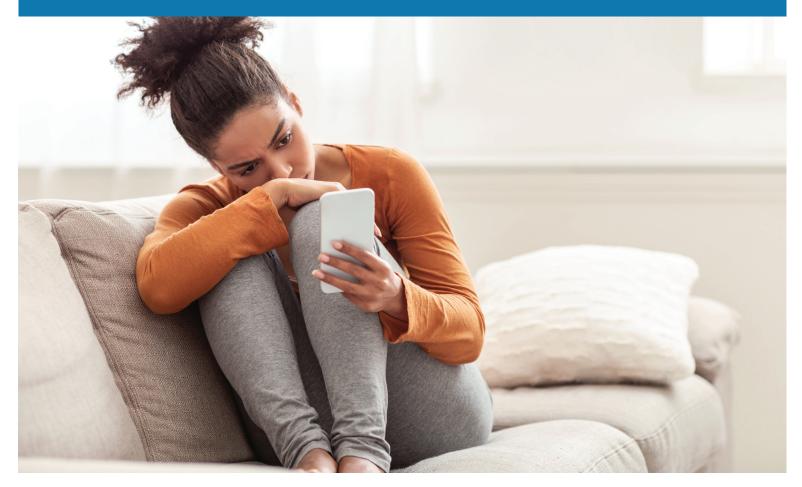
▶ **Mental Health - Home Page - CDC**

MentalHealth.gov

Allows you to find information about mental health services and resources in your area. You can search by state or zip code.

▶ **Home | MentalHealth.gov**

Mental Health: Where To Go For Help

Are you having negative thoughts? Do you have feeling of being sad, lonely, hopeless, worried or irritable? Millions of Americans are dealing with anxiety, depression and other mental health issues right now; you are not alone.

Reach Out for Help

Call a HelpLine

If you or a loved one is in crisis, call the:

National Suicide Prevention Lifeline at 1-800-273-8255

Veteran's Crisis Line at 1-800-273-8255 press 1

Text for Help

Contact the **Crisis Text Line by texting "HELLO" to 741 741.**