



# RETAIN KENTUCKY Mental Health

## Caring for your mental health.

- Talk to or text a friend, family member or other trusted adult.
- Call a crisis line.
- Make an appointment with a mental health professional.
- Be honest and direct about your feelings.
- Eat nourishing food.
- Take some deep breaths.
- Spend time outside in nature.
- Participate in an activity you enjoy.
- Develop a mental health safety plan.
- Get some rest.
- Listen to music.
- Play with a pet.

## Helpful Websites.

**KY CMHC's:** [dbhdid.ky.gov/cmhc/](http://dbhdid.ky.gov/cmhc/)

**MHA** - [mhanational.org](http://mhanational.org)

**MHA KY** - [mhaky.org](http://mhaky.org)

**NAMI** - [www.nami.org](http://www.nami.org)

**NAMI KY** - [namiky.org](http://namiky.org)

**SAMHSA** - [www.samhsa.gov](http://www.samhsa.gov)

## How to recognize you may need help.

- Persistent feelings of sadness, worthlessness, or hopelessness.
- Not being interested in things you used to enjoy.
- Withdrawing from others.
- Problems eating, sleeping, or concentrating.
- Struggling at home, school, or work.
- Thinking about or planning ways to harm yourself or die.
- Increased use of drugs or alcohol.

## Mental Health Resources.



### 988 Suicide & Crisis Lifeline

You can call or text 988 anytime to talk to a trained counselor who will listen, and provide support and resources.

#### **Crisis Text Line**

Text KY to 741-741

#### **Trevor Lifeline**

866-488-7386 or 678-678

#### **SAMHSA National Helpline**

800-662-4357

**NAMI Helpline** 800-950-6264

***Call 911 if you are in immediate danger of harming yourself.***