



Mental Health & Wellness Information and Plans

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Wellness & Mental Health Toolkit

Understanding & Assessing the 8 Dimensions of Wellness

Rate each Dimension of Wellness on a scale of 1 (extremely poor) to 10 (extremely well)

___ **Emotional Wellness:** Developing healthy coping mechanisms and emotional resilience.

___ **Environmental Wellness:** Creating a safe, nurturing environment for yourself.

___ **Financial Wellness:** Managing your finances to reduce stress.

___ **Intellectual Wellness:** Keeping your mind engaged and learning new things.

___ **Occupational Wellness:** Finding purpose and balance in work and life.

___ **Physical Wellness:** Taking care of your body through exercise, nutrition, and sleep.

___ **Social Wellness:** Building strong, supportive relationships.

___ **Spiritual Wellness:** Cultivating a sense of purpose or connection, whether through faith or personal beliefs.

Creating Your Recovery Plan

A recovery plan is a personalized roadmap for improving and maintaining your mental health, well-being, and personal growth. It helps you to set goals, identify triggers, and develop strategies for daily wellness and long-term success.

Step 1: Identify Goals

What are you working toward in your recovery? (E.g., improved mental health, sobriety, better relationships)

Step 2: Daily Wellness Practices

What can you do daily to maintain your recovery? (E.g., exercise, meditation, healthy eating)

Step 3: Triggers & Warning Signs

Identify situations or feelings that could trigger a crisis (E.g., feeling isolated, stress at work)

Step 4: Coping Skills

List strategies to cope with stress, anxiety, or cravings (E.g., deep breathing, talking to a friend)

Step 5: Support Systems

Who can you reach out to for help? (E.g., therapists, friends, family, peer support groups)

Step 6: Long-Term Goals

What do you want your life to look like in 6 months, 1 year, or 5 years?

Crisis Prevention Plan

A crisis prevention plan outlines the early warning signs of a potential mental health crisis, along with actionable steps and support systems to prevent it from escalating, ensuring you have a clear plan when you feel overwhelmed.

Step 1: Recognize Early Warning Signs

What are the earliest signs that things are starting to go wrong? (E.g., trouble sleeping, irritability)

Step 2: Develop Crisis Coping Strategies

What can you do immediately to stop a crisis from escalating? (E.g., call a friend, remove yourself from a triggering environment)

Step 3: Establish a Support Network

Who will you call when you need help? (E.g., a trusted friend, family member, therapist)

Step 4: Plan for Emergencies

Who will be your emergency contacts?

Write down the number for your nearest emergency room, local mental health crisis team, or national hotline (this can transition to the resources in the next section).

Strengths & Resources Assessment

A strengths and resources assessment helps you identify your personal abilities, support networks, and community resources that can aid you in your wellness journey, from trusted friends to local support groups.

Strengths

What are your strengths? (E.g., problem-solving, resilience, creativity, empathy)

Resources & Allies

Who in your life can help you when needed? (List people such as friends, family, coworkers, and professionals)

What community resources can you tap into? (Support groups, peer networks, or religious communities)

Physical & Mental Health Resources

What tools do you use to stay healthy? (E.g., gym membership, therapy, access to healthy food)

Mental Health Resources & Crisis Contacts

Important Resources for Mental Health & Wellness in NYC

Crisis Resources

National Suicide Prevention Hotline

1-800-273-8255

Available 24/7 for anyone in crisis or distress.

Crisis Text Line

Text “HELLO” to 741741

Free, 24/7 support via text message for people in crisis.

NYC Well

1-888-NYC-WELL (1-888-692-9355)

Free, confidential crisis counseling, mental health, and substance abuse support, available 24/7.

SAMHSA National Helpline

1-800-662-HELP (4357)

For confidential free help from public health agencies to find substance use treatment and other resources.

Veterans Crisis Line

1-800-273-8255 (Press 1)

Text 838255

Support for veterans and their loved ones.

Trevor Project (for LGBTQ+ Youth)

1-866-488-7386

Crisis intervention and suicide prevention for LGBTQ+ youth.

Substance Use & Addiction Resources

NYC Office of Alcoholism & Substance Abuse Services (OASAS)

Help for individuals seeking recovery resources for substance use.

Website: www.oasas.ny.gov

Narcotics Anonymous (NA)

NYC 24/7 helpline: (212) 929-6262

Find a meeting near you: www.nanewyork.org

Alcoholics Anonymous (AA)

NYC Intergroup Hotline: (212) 647-1680

www.nyintergroup.org

Mental Health Resources & Therapy

Unite Us Platform

A tool for finding local mental health, wellness, and social services in NYC.

Website: www.uniteus.com

Mental Health Association of NYC

Free, confidential help for mental health support: www.mhaofnyc.org

Free and Low-Cost Therapy Providers in NYC

Open Path Psychotherapy Collective: www.openpathcollective.org

Therapy for \$30-60 per session

NYC Well

Online mental health and substance use screenings, resources, and referrals.

Website: www.nycwell.cityofnewyork.us

Additional Community Resources

Housing Support

NYC Housing Connect: www.housingconnect.nyc.gov

Employment & Vocational Services

NYC Workforce1: www.nyc.gov/workforce1

Food Assistance

Find your nearest NYC food pantry: www.foodbanknyc.org

Legal Assistance

Legal Aid Society: www.legalaidnyc.org