



**Be Well**



## **Be Well**

Your Wellness. Your Way.

### **SHAPE YOUR OWN WELLNESS**

**Wellness doesn't have to be complicated. No matter what you're experiencing, there are things you can do to improve your mental health and be well.**

## TAKING THE FIRST STEP

# Start Where You Are

Mental health is health. It can affect every part of your wellbeing, not just your thoughts and emotions. We all take steps to stay physically healthy – sometimes because we're not feeling our best and other times to keep feeling good. This is the same way we can approach mental health.

TAKE CARE OF YOURSELF

SUPPORT YOUR RESILIENCE

COMMUNITY WELLNESS

## BUILD THE SKILLS TO BE ABLE TO COPE

# Getting Through Tough Times



## Stress

Learn about stress and how to manage it when things feel overwhelming.

**HOW OUR BODIES REACT TO STRESS**



**WHEN STRESS GETS OVERWHELMING**



**MANAGING STRESS**



**▶ LEARN MORE ABOUT STRESS**



## Trauma

Understand how trauma impacts us and explore ways to heal from it.

**TYPES OF TRAUMA**



**THE EFFECTS OF TRAUMA**



**WHEN TO REACH OUT FOR HELP**



► [LEARN MORE ABOUT TRAUMA](#)



## Calming Yourself

Find ways to calm yourself when things get overwhelming.

OVERVIEW



CENTER YOURSELF



DISTRACT YOURSELF



► [LEARN MORE](#)

**988 SUICIDE & CRISIS LIFELINE**

# Reach Out

The tips and ideas on these pages are not meant to replace mental health treatment. There are times

when we need more support to be well. In those times it is important to reach out. Help is at your fingertips. Call, text, or chat 988 for emotional support and crisis services. It's free, confidential, and here for you 24/7. No matter what you're going through, we hear you.

**CALL OR TEXT THE 988 LIFELINE**

**CHAT WITH A CRISIS COUNSELOR**

## **Be Well**

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