







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.

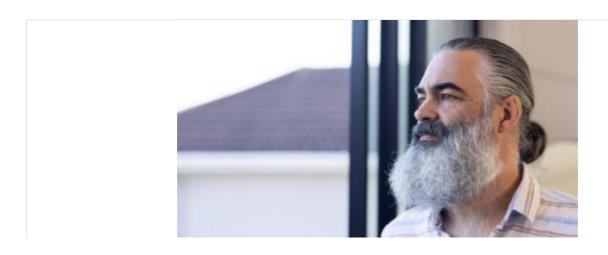
TAKE CARE OF YOURSELF

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

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