

TIPS FOR FINDING MENTAL HEALTH BALANCE

Take Time Out from Digital Devices



Make a Gratitude Journal



Get Outside



Move Your Body! Dance or Exercise



Sit Upright & Focus on Good Posture



Drink Water & Limit Substances



Reach Out to Your Support System



SUPPORT & CRISIS HOTLINES

NATIONAL RESOURCES

SAMHSA (substance abuse helpline)
800-662-4357

National Suicide Prevention Lifeline
1-800-273-TALK

Trevor Project (for LGBTQ youth)
866-488-7386 or text START to 678678

NAMI (resources, support groups & advocacy)
800-950-6264

NYC LOCAL RESOURCES

NYC Well (24-hour crisis counseling, mental health & substance misuse support & info)
888-692-9355 or text WELL to 65173

NAMI-NYC Metro (resources, support groups & advocacy)
212-684-3264

LOW-COST THERAPY

PsychologyToday.com/us/therapist
OpenPathCollective.org

ONLINE/TEXT THERAPY

TalkSpace.com
BetterHelp.com
7Cups.com