



Mental Health Monday



You are not alone. Help is available for whatever difficulties you are experiencing. Each Monday, we are going to share some tips and resources to help you take care of yourself. Check back on our website/social media each week for something new. If you're struggling, please don't wait to ask for help. If someone is in immediate danger, please call 9-1-1 or go to the nearest emergency room.

Here are some resources:

Team PA COVID-19 Free Crisis Counseling Support and Referral Line: **1-855-284-2494**

PA Crisis Text Line: **Text PA to 741741**

Safe2Say Something PA: **1-844-723-2729**

National Suicide Prevention Lifeline: **1-800-273-8255**

PA 211: **pa211.org or call 2-1-1 or 1-855-567-5341**

Monroe County Crisis: **570-992-0879**

Carbon, Monroe, Pike Mental Health and Developmental Services: **570-421-2901**

PA Department of Drug and Alcohol Programs Get Help Now Line: **1-800-662-HELP (4357)**

Today's Mental Health Monday offering is coping with stress. Prolonged stress and anxiety can have a negative effect on your mental, emotional, and physical health. This article discusses journaling as a form of stress relief including writing prompts to get you started: <https://teencentral.com/journaling-as-a-coping-skill-for-stress/>

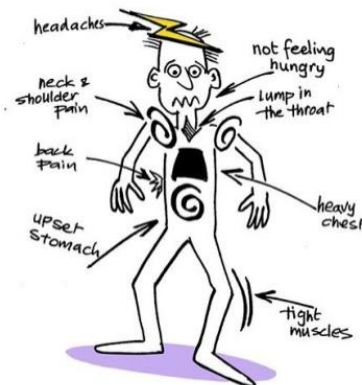
YouTube is also a good resource for free videos on meditation, relaxation, yoga, etc. Here's a brief video to get you started with breathing techniques: <https://youtu.be/5DqTuWve9t8>



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These are the physical signs of stress



<https://bit.ly/WHOSTressManagement>

