



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)**

If you or someone you know is in need of Naloxone (Narcan) or Dispose RX (to safely dispose of unused medication) or more information/education, please contact dana.stebelski@sluhn.org or leave a message at 484-526-6569 (this number is not for emergencies and is not monitored 24 hours/day)

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.

MEDITATION **BREATHING** **VISUALIZATION**

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.

WORKING ON A PROJECT **ARTS** **PHYSICAL MOVEMENT**

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.

JOURNALING **SELF-MONITORING** **COMMUNICATION**

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.

NUTRITION **RELATIONSHIPS** **EXERCISE**

Adapted from Shelly Harrell, PhD