

Finding Mental Health Care

Primary Care Doctor

A doctor can help assess your mental health needs, possibly start medications (if needed), and help you find a mental healthcare provider.

Psychology Today

This online resource is a great place to find a mental healthcare provider in your area. You can see who specializes in your specific concern and what insurance they accept, if any. Navigate to <https://www.psychologytoday.com/us> and fill in your city or zip code in the *Find a Therapist* search box.

Employee Assistance Program, EAP

Call your HR department and ask if your company has an Employee Assistance Program. Many of them offer a limited number of free counseling appointments, and referrals to ongoing care when needed.

Faith-based Support

Talk with people at your church to find out if counselors are available.

School

Talk to the counselor at your child's school and ask if they can recommend someone in the community to help you.

Crisis: National Suicide Prevention Lifeline

If you're feeling suicidal or homicidal, please call 1-800-273-8255.

Selfcare Tips

These will not replace the help you'll receive from a mental health care provider, but they can help you in this moment, right now. Try some or all of the following:

- **Breathe:** Every 30 minutes or so, take a deep breath. This will help you let go of stress and stay focused.
- **Hydrate:** Most people need about 9-13 cups of water daily. Set a timer to remind you to drink.
- **Take Breaks:** A few times a day, take a moment for yourself. Walk away from work. Relax your mind and body.
- **Build Resilience:** Who's that one person who always believed in you? Resilience is often nurtured by having just one person believe in you – so focus on what they see in you.
- **Laugh:** Play is powerful. It lifts your mood, lowers anxiety, and reconnects you to yourself and others.
- **Write it Down:** Has something been bothering you? Write about an upsetting experience to reduce stress, lift mood, and gain perspective on the issue.
- **Disconnect:** The 24-hour news cycle is exhausting. Limit your media exposure to help control stress during these challenging times.
- **Thank Others:** Small notes of gratitude go a long way. Send a thank you note to let someone know how you appreciate them.