

Mental Wellness Take-Away Guide

Recognize. Respond. Reach Out.

1. Recognize the Signs

- Increased irritability or anger
- Withdrawal or isolation
- Sleep disruption or fatigue
- Difficulty concentrating
- Loss of motivation or interest

2. Start the Conversation

“Hey, I’ve noticed you’ve seemed off lately. You okay?”
“I’m here if you want to talk.”

Keep it private, simple, and judgment-free.

3. Listen Without Fixing

- Don’t rush to give advice
- Avoid minimizing
- Let them talk at their pace

Presence over solutions.

4. Decompression Matters

- Take 10–20 minutes after stress
- Avoid jumping into responsibilities
- Use breathing, silence, music, movement
- Separate work and home intentionally

5. Use Your Benefits

- Employee Assistance Program (EAP)
- Health insurance (therapy, psychiatry)
- Peer support or chaplain services
- Workplace wellness programs

6. Connect to Support

988 Suicide & Crisis Lifeline: Call/Text 988
Veterans Crisis Line: Call 988, Press 1 or Text 838255

NAMI HelpLine: 1-800-950-6264 | Text 62640
Dial 211 for local resources
Emergency: Call 911

7. Check Back In

“I’ve been thinking about you—how are you today?”
Follow up consistently

8. Take Care of Yourself

- Prioritize rest and recovery
- Stay connected to trusted people
- Set boundaries when needed

Awareness is powerful—but action saves lives.