



Public Health
Prevent. Promote. Protect.



Mission:

Our mission is to work in partnership with individuals and communities in creating an environment that promotes the health and well-being of all people in Douglas, Grant, Pope, Stevens and Traverse Counties.



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THE INSTALLMENT

Mental Health Awareness Month It's okay to reach out for help

While 1 in 5 people will experience a mental health condition during their lifetime, everyone faces challenges in life that can impact their mental health.

It is important to take care of ourselves. It takes purposeful effort, but taking time for self-care helps with maintaining or improving daily mental well-being.



Tips to care for your MENTAL HEALTH



Talk to someone
you trust



Take care of your
physical health



Do activities you
enjoy



Focus on your
surroundings for
two minutes



Don't be afraid to
say "No"



Tell yourself that
everything will be
fine

#YouMatterMN

Need to talk?

Minnesota Warm line

For peer-to-peer support
844-739-0369

Daily, 5 p.m. to 9 a.m.

or

1-877-404-3190

Monday - Saturday, noon to 10 p.m.

Crisis services

Call, Text or Chat 988
988lifeline.org

When you are struggling, friends and family can be a great support system, but sometimes it is hard to ask for help. In fact, we should talk about our feelings. It is OK not to be OK. Reach out to friends, family, neighbors, a warm line, or a crisis line if you want to talk. Know that you are not alone, help is available, and healing can happen.

Additional resources and practical tools for situations that we all deal with can be found at <https://mhanational.org/tools-2-thrive>.

Source: <https://www.health.state.mn.us/communities/suicide/mhawarenessmonth.html>