

Missouri Crisis Line 1-888-279-8188

For more info about identifying mental health symptoms visit:

screening.mhanational.org/screening-tools

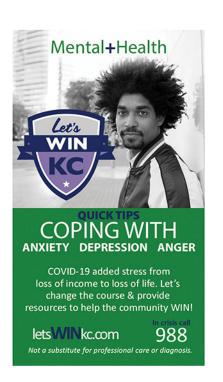
Developed with expert counsel & adaptions from:

mentalhealthkc.org, health.com, www.helpguide.org, verywellmind.com, nursingtimes.net, healthline.com, blackmentalwellness.com, healthyplace.com, mindful.org

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Feeling on edge

Nervous

"What will they think?" Sweating

Fear

Trouble concentrating

Heart racing

Panic Worry

### You have POWER over anxiety:

- 1. S.T.O.P a mindfulness practice
  - Stop or pause.
  - Take in a few deep breaths.
  - Observe the body, thoughts, feelings.
  - Proceed with more awareness of your goals & feelings.



"It's OK to not be OK"

## ANXIETY Coping tips continued

- 2. Acknowledge the feeling. "I feel scared. I feel worried."
- 3. Ask for help with your next task. Life seems less scary with someone by your side.
- 4. Find professional support. Area centers or a source for therapists: ColorCollectiveKC.org
- 5. Something fun? Call: 1-707-873-7862 to hear a pep talk from Kindergarteners.



"It's OK to not be OK"



**Breathe Out** 

Great exercise to help with anxiety too.



## DEPRESSION can make you feel: Hopeless Sad Miserable

#### Some Steps to Cope:

- 1. Know that everyone has struggles that can lead to depression, anxiety & anger.
- 2. Serve those who need a helping hand.
- 3. Improve your diet & drink plenty of water.
- 4. Strive for 7-9hrs of daily sleep
- 5. Exercise.
- 6. Play inspirational music.
- 8. Prayer and mindfulness meditation may help.



Find professional support.

# Having SUICIDAL THOUGHTS?

#### **KEEP LIVING**

This current feeling is only temporary. Better days are ahead.

#### FREE 24/7 Live Support

- 1. Call the crisis line: 988
- 2. Text HOME to 741741

The struggle is real, but every day is a new chance for you to create, build, contribute, serve, love and be loved.



"It's OK to not be OK"