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.
7. 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"

For KC Area Behavioral Health Support Centers

JacksonCountyCares.org

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 & adaptations from:

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

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letsWINkc.com

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KANSAS CITY

Mental+Health

QUICK TIPS

COPING WITH

ANXIETY DEPRESSION ANGER

COVID-19 added stress from loss of income to loss of life. Let's change the course & provide resources to help the community WIN!

letsWINkc.com

In crisis call 988

Not a substitute for professional care or diagnosis.

ANXIETY can feel like:

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
   - **S**top or pause.
   - **T**ake in a few deep breaths.
   - **O**bserve the body, thoughts, feelings.
   - **P**roceed 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"

ANGER

4 Steps to handle your ANGER

1. BREATHE

Breathe In

Hold 4 seconds Hold

Breathe Out

Great exercise to help with anxiety too.

2. MOVE

Away from the source of anger to another activity or distraction.

3. SPEAK

Out loud to yourself

"I don't want to lose control."

"This feeling is not permanent."

"I feel angry."

"Wait. It will pass."

4. THINK

There is NO argument worth ruining your future.