

## 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](https://screening.mhanational.org/screening-tools)

Developed with expert counsel & adaptations from:

[mentalhealthkc.org](https://mentalhealthkc.org), [health.com](https://health.com), [www.helpguide.org](https://www.helpguide.org),  
[verywellmind.com](https://verywellmind.com), [nursingtimes.net](https://nursingtimes.net), [healthline.com](https://healthline.com),  
[blackmentalwellness.com](https://blackmentalwellness.com), [healthyplace.com](https://healthyplace.com),  
[mindful.org](https://mindful.org)

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[letsWINkc.com](https://letsWINkc.com)

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## 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](https://letsWINkc.com)

Not a substitute for professional care or diagnosis.

In crisis call  
**988**

## 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
  - 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](https://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



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.