

MENTAL HEALTH AWARENESS

Are You Okay? Your Well-Being Matters!

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how you think, feel, and act in life. It is essential to your overall health and quality of life. Mental health is different from mental illness. (www.medlineplus.gov)

Mental Health reminders

It's okay to take a break

Practice mindfulness

Connect with others

Limit social media consumption

Remember that it's okay to not always be ok

Practice gratitude

Get enough sleep

Exercise regularly

Self care is self love



SELF-CARE TIPS TO HELP IMPROVE YOUR MENTAL HEALTH*

Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep.

Try a relaxing activity. Explore relaxation techniques, which may include meditation, muscle relaxation, or breathing exercises. Add other healthy activities you enjoy.

Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind each morning and evening.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you feel like you're taking on too much.

Stay connected. Reach out to friends or family members who can provide emotional support and practical help.

Get regular exercise. Exercise has been shown to boost your mood and improve your health. If you have medical conditions,

**<https://blog.cdphp.com/healthy-living/self-care-tips-in-honor-of-world-mental-health-day>.
Image and Tips adapted from SAMHSA Recommendations.*

FAITH AND MENTAL WELLNESS

The Intersection of Faith and Mental Health. "Faith can help us in many ways that traditional treatments cannot. Faith is a powerful thing. Faith can help us make sense of our suffering. Faith gives us strength to persevere through hardship. Faith can help us connect with a community that cares." www.nami.org (*The National Alliance on Mental Illness*)

BIBLE VERSES ON METAL HEALTH (KJV / NIV)

ANGER?	Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32
ANXIETY?	Casting all your care upon him, for he careth for you. 1 Peter 5:7
BROKEN?	The righteous cry, and the LORD heareth, And delivereth them out of all their troubles. The LORD is nigh unto them that are of a broken heart; And saveth such as be of a contrite spirit. Psalm 34:17-18
DEPRESSION?	Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God. Psalm 42:11
DISCOURAGED?	You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3
FEAR?	For God has not given us a spirit of fear, but of power, and of love, and of a sound mind. 2 Timothy 1:7
TROUBLED?	Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28
UNSETTLED?	And be not conformed to this world, but be ye transformed by the renewing of your mind. Romans 12:2
WEARINESS?	He gives strength to the weary and increases the power of the weak... those who hope in the Lord will renew their strength. Isaiah 40:29-31
WORRY?	And the peace of God... will guard your hearts and your minds in Christ Jesus. Philippians 4:7

FINDING MENTAL WELLNESS THROUGH FAITH, STRENGTH, AND HEALING

Spiritual guidance, prayers, and support are near. Resources and referrals for local church and community-based outreach programs, as well as professional counseling, are available.. The following highlights some of the national and online faith-based support available to individuals and families:

SPIRITUAL RESOURCES

24 HOURS/7 DAYS TOLL-FREE PRAYER LINES/PRAYER COUNSELORS

Below are national phone numbers where you will find prayer counselors who are willing to pray to God with you and on your behalf. (<https://www.iumi.org/toll-free-24-hour-confidential-prayer-lines/>)

CBN/The 700 Club 1-800-759-0700 and 800-700-7000. Online Requests <https://cbn.com/prayer>

TBN Prayer and Praise Line 1-888-731-1000 Online Requests. <https://www.tbn.org/prayer>

DAYSTAR 1-800-329-0029 Online Requests. <https://daystar.com/prayer>

LOCAL HEALTH DEPARTMENTS & OTHER NUMBERS

Washington Metropolitan Area

Washington D.C.

Washington D.C. Dept. of Behavioral Health 1-888-793-4357

Same Day Urgent Mental Health Care (WDC) 202-442-4202

Prince George's Co., MD: Health Dept. Substance Abuse/Mental Health Counseling. 301-583-5920 or 301-856-9500

Charles County, MD: Charles Co. MD Health Dept 301-609-6900

Maryland: Maryland Info Network - Call 211

Mental Health First Aid Training (Recognizing and responding to Mental Health Crises (www.mhamd.org))

Virginia: Virginia Dept. of Behavioral Health 804-786-3921 or 988

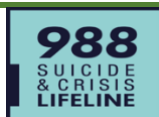
Other National Hotlines

Sexual Assault Hotline: 1-800-656-Hope (4673)

Teen Dating Abuse Hotline: 1-866-331-9474 And 1-866-331-8453 (TTY)

Domestic Violence Hotline: 1-800-799-Safe (7233) And 1-800-787-3224 (T)

Victim Hotline: 1-855-4-Victim (855-484-2846)



Suicide & Crisis Lifeline: CALL 988 (OR TEXT or CHAT 988)

A support helpline for people experiencing mental health or substance use emergencies. <https://988lifeline.org>

If you or someone is in immediate danger, call 911