

# WELLNESS TOOLS

## *Check Yourself*

### Have a wellness plan

Identify people, places, and things that reinforce positive mental wellness.

### Education

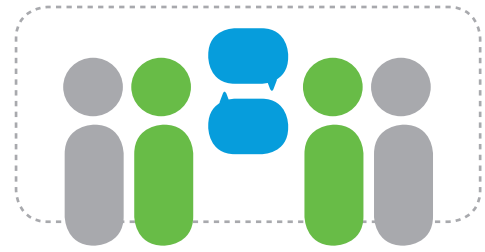
Recognize the signs and symptoms of mental health concerns in yourself and others.

### Self-Awareness

Know yourself. Practice self-care and know your triggers.



Learn more at [www.DBSAlliance.org/Toolkit](http://www.DBSAlliance.org/Toolkit)



## *Buddy Check*

**Listen** to your friends and family with compassion and respect. Avoid being judgmental, especially if they're struggling.

It's ok to **ask** the difficult questions. Start the conversation with, "I'm here. What's going on?"

Get **help** immediately if a person is thinking of harming themselves or others.

Visit [www.DBSAlliance.org/ImHere](http://www.DBSAlliance.org/ImHere) to learn more about starting the conversation.

## ≡ WHERE TO GET HELP ≡

### *General Care*

#### National Suicide Prevention Lifeline

Call: 1-800-273-TALK (8255)

Chat: [www.SuicidePreventionLifeline.org/Chat](http://www.SuicidePreventionLifeline.org/Chat)

#### Crisis Text Line

Text START to 741741

#### SF Peer-Run Warmline

(855) 845-7415

#### BetterHelp

Affordable online counseling: [www.BetterHelp.com](http://www.BetterHelp.com)

Remember: you can use any of these resources if you are struggling and not in a crisis.

### *Specialized Care*

these resources have specialized training to address the needs of specific identities.

#### Steve Fund

for young people of color | Text STEVE to 741741

#### Trans Lifeline

for transgender youth | Call (877) 565-8860

#### Trevor Project

for LGBTQ+ youth | Call (866) 488-7386 or join peers online at [www.TrevorSpace.org](http://www.TrevorSpace.org)

Check out **local resources**, such as school and community-based mental health professionals. Feel free to also reach out to the **DBSA Young Adult Support Group**: [www.DBSAlliance.org/OSG](http://www.DBSAlliance.org/OSG)