

WELLNESS TOOLS

Check Yourself

Have a wellness plan

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

Education

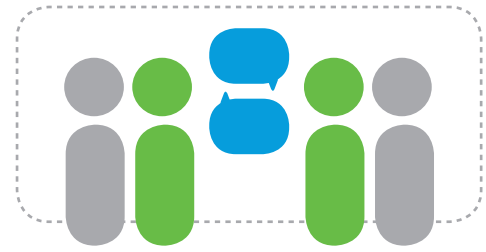
Recognize the signs and symptoms of mental health concerns in yourself and others.

Self-Awareness

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



Learn more at www.DBSAlliance.org/Toolkit



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 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

Crisis Text Line

Text START to 741741

SF Peer-Run Warmline

(855) 845-7415

BetterHelp

Affordable online counseling: 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

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