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

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

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

WHERE TO GET HELP

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

Brought to you by the DBSA Young Adult Council
The YAC promotes literacy and awareness of mental health conditions in young adults. www.DBSAlliance.org/YAC