

# MENTAL HEALTH MOMENT

PRESENTED BY THE KRHS COUNSELING CENTER



Congratulations!

You made it! We hope you have a great summer. Have fun and focus on taking care of yourself. We leave you with some thoughts on self care and resources should you need help this summer. We look forward to a new start in the fall.

## *5 Key Elements of a Healthy Mindset*

### **Calmness**

The ability to calm your mind when you're under pressure is crucial to a healthy mindset. When your thoughts are all over the place, it's difficult to see things as they really are. Calmness comes when you bring awareness to what's happening and what you're thinking.

### **Clarity**

Having a clear idea of what's important to you is key to dealing with indecision. Get clear on your priorities, goals, and values, you can remove the overwhelm that comes from uncertainty.

### **Compassion**

One of the biggest contributors to an unhealthy mindset is a lack of compassion towards yourself. Be kind to yourself and focus less on how you compare to others.

### **Concentration**

Concentration is about commitment and dedication to yourself. Keep your focus on your own goals and what's important to you rather than distractions from outside sources.

### **Courage**

Courage helps us take action. When we procrastinate and avoid taking action, we keep ourselves stuck in the same place you've always been. Find the courage to take action even if you don't feel ready.



Mental health is about achieving balance, maintaining good coping skills, knowing when to ask for help, and being able to look inside yourself and address yourself honestly.

# Community Resources



## ***Need to talk to someone? Need help with food? Shelter? Healthcare?***

211 NH is the connection for New Hampshire residents to the most up to date resources they need from specially trained Information and Referral Specialists. 211 **NH** is available 24 hours, 365 days a year. Multilingual assistance and TDD access is also available. For those outside of New Hampshire, call 1.866.444.4211.

## **Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**1-800-273-TALK (8255)**

**TTY: 1-800-799-4889**

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of 150+ crisis centers.

## **Crisis Text Line**

**Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling.**

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.