



IT'S OK TO NOT BE OK.

Taking care of your mental health is just as important as taking care of your physical health. Check out these truths and tips and **use 988** to navigate through tough times.



TRUTHS

- ▶ **Not every day is a good day.**
Tough times happen to everyone. Understanding this can give you a sense of hope and resilience.
- ▶ **It's okay to ask for help.**
Most people need mental health assistance now and then. It's part of being human.
- ▶ **You can take action.**
There are things you can do, like calling 988 and connecting with a trained counselor for support.

TIPS



- ▶ **Take care of yourself.**
This can be as simple as getting enough sleep, making sure you eat a healthy diet or watching a favorite movie.
- ▶ **Talk to someone.**
If you have a support system, make sure to keep in touch. Talking about your worries or anxiety is a good way to manage issues.
- ▶ **Be honest.**
Sharing your true feelings and thoughts can help. The community at 988 is here for you.

Free, confidential emotional support.

DBHDS

Virginia Department of Behavioral Health
and Developmental Services



988. Call, Text, Chat or Use ASL. 988va.org

