



# 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**

