Mental Health Self-Care Tips

1. ADVOCATE FOR YOURSELF
   Be a proactive part of your treatment plan!

2. WORK WITH YOUR HEALTHCARE TEAM
   Share your concerns with your care providers.

3. TAKE ADVANTAGE OF AVAILABLE RESOURCES
   There are social workers and mental health professionals here ready to help.

4. ASK FOR SUPPORT FROM LOVED ONES
   Let your loved ones know you need them and how they can help.

5. FOLLOW YOUR TREATMENT PLAN
   Physical wellness will naturally feed mental wellness.
6. GET PLENTY OF REST
It is hard to feel good when you are tired and fatigued.

7. EAT WELL
Feeling good physically supports mental health.

8. STAY ACTIVE
Activity can relieve symptoms of depression. Consult with your team for the appropriate amount of exercise.

9. FOCUS ON WHAT MAKES YOU HAPPY
Find things you love to do and do them!

10. SPEAK UP
Let us know if you are struggling, we are here to help.