

The Mental Health Multi-Tool

TO SOCIETY
VALUED
MINDS™

BROUGHT TO YOU BY Otsuka

MENTAL HEALTH 101

- Your mind is valuable.
- Mental health is a part of your physical health and should be taken just as seriously.
- Around **1 in 5 people live with a mental health condition** – something that affects thinking, emotions, and behaviors.
- If you think you might have a mental health condition, you should **take a free screening** (Google: *MHA screening*) and/or talk to a mental health professional (doctor or therapist).
- “Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.” – Mental Health America
- Mental health stigma makes people ashamed of sharing their struggles or asking for help. That’s what we’re here to fight. By asking for help and talking openly about mental health, we help ourselves and others.

EXPRESS YOURSELF BEFORE YOU WRECK YOURSELF

Don't bottle up your struggles! Self-expression (like drawing, singing, writing, moving) is an essential mental health outlet.

RESOURCES

Crisis Text Line:

text HOME to 741741

Suicide & Crisis Lifeline:

call 988

Find a mental health warmline:

(a number you can call when you need someone to talk to) Google: *MHA warmlines*

The Trevor Project LGBTQ Crisis Line:

text START to 678678 or call 866-488-7386

National Sexual Assault Hotline:

call 800-656-4673

Trans Lifeline:

call 877-565-8860

United Way (food, housing, other essential services):

call 211

SAMHSA Disaster Distress Hotline:

call 800-985-5990

“Where to get help” interactive tool

Google: *MHA where to get help tool*

Join the Society of Valued Minds to seek out support, share your story, and embrace the self-expression that makes every mind unique. Get informed, be inspired, and stay connected to a movement of minds supporting mental health. Just follow @societyofvaluedminds and you're in. Together, we can show the world the value of every mind.

Society of Valued Minds is brought to you by Otsuka America Pharmaceutical, Inc.



I'M WORRIED ABOUT MYSELF

Your mental health struggles don't need to be "serious" for you to ask for help. Whatever you're feeling, it's important to talk about it.

Go to a trusted adult: a parent/caregiver, counselor, or doctor who can help connect you to the mental health support you need.

Tell your friends what's up so they know how to support you!

And as always, if you're feeling overwhelmed/in crisis, call the Suicide & Crisis Lifeline at 988. See the full [RESOURCES](#) section for more support available right now.

I'M WORRIED ABOUT SOMEONE ELSE

Let them know you've noticed that things don't seem ok and that you're here to help.

Conversation starters:

- I noticed something has been off lately. Do you want to talk about it?
- It seems like you're going through a difficult time. How can I help?
- I care about you and want to listen. How have you been feeling lately?

Remind them that mental health struggles are temporary and feeling better is possible with support.

Encourage them to take a [mental health screening](#) (Google: *MHA screening*) and use the "[where to get help](#)" tool (Google: *MHA where to get help tool*)

[Send them this page!](#)

THE WORLD IS
BETTER WITH
YOU IN IT

SELF-CARE STATION

I'm stressed!

- Stay away from the news (or take a break from social media!)
- Spend time with a pet or plant!
- Set time aside to make a game plan (use markers, go all out!)

I'm angry!

- Journal your feelings (and then read them to process!)
- Channel your energy into exercise
- Sleep it off (being angry is exhausting!)

I'm anxious!

- Talk to someone you can trust (or call a warmline!)
- Meditate or do a breathing exercise (inhale 4, hold for 7, exhale for 8)
- Make a gratitude list

I'm sad!

- Lose yourself in a hobby
- Listen to your happy playlist (and dance!)
- Get a good cry in (don't bottle it up!)

I'm spiraling!

- Do the 5-4-3-2-1 practice: acknowledging five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste
- Dip your face in cold water
- Try a visualization technique: picture throwing your negative thoughts into a fire

MENTAL HYGIENE CHECK

Ask yourself these 5 questions every day:

1. How do I feel?

What emotions? Physically? On a scale of 1-10?

2. What's weighing on me?

Acknowledge it so you can manage it. Then visit the [SELF-CARE STATION](#)

3. Am I giving my body what it needs?

Nutrient-rich meals? Water? Movement? Sleep? Your body and mind are deeply connected.

4. What am I doing to give myself joy?

Are you making time to do things you love? Are you engaging in self-expression that feels good?

5. Who has my back?

Support is out there, and it's important. Who can you call on that has your best interests in mind? Friends, family, [support groups](#) (Google: *MHA where to get help tool*)?