

# Stressed?

## Pause for a Self Check There is Hope!



Brought to you by partners in the Mental Health Workgroup of the Jessamine County Healthy and Safe Communities Coalition

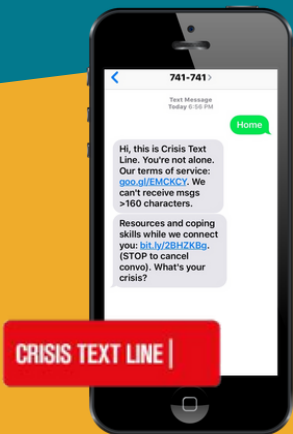


### Take Time for Self-Reflection

Complete the **Emotional Wellness Assessment** at [jessaminehealth.org](http://jessaminehealth.org) and take advantage of local resources that can help improve your overall emotional wellness.

### Practice Mindfulness Habits Using Available Tools

**myStrength app** helps build resiliency, manage stress, improve mood, sleep better or simply find daily inspiration. Download the app for free using the code "**seethegood**".



### It's Okay to Seek Help when You Need It

Anxious? Stressed? Depressed? **Crisis Text Line** serves anyone, in any type of crisis, providing access to a trained counselor for support and information via the medium people already use and trust: text.

Text **HOME** to **741741** or send a Message to their Facebook page **@crisistextline**