



YOUR MENTAL HEALTH MATTERS

Caring for your mind is just as important as caring for your body.

RESET YOUR STRESS

- Break big tasks into smaller steps
- Celebrate small wins
- Take regular breaks to recharge

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resources from
Get Home Safe.

WATCH FOR WARNING SIGNS

- Feeling drained even after rest
- Losing interest in things you usually enjoy
- Struggling to focus or stay motivated

REACH OUT EARLY

- Talk to a friend, coworker, or trained counselor
- Take time off from work to rest and reset
- Act before stress takes over, not after

Feeling overwhelmed or in crisis?

Call, text or chat **988** to reach trained counselors.
It's free, confidential and available 24/7.





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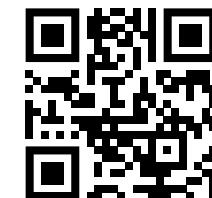
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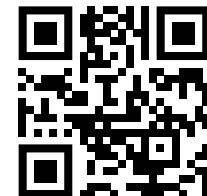
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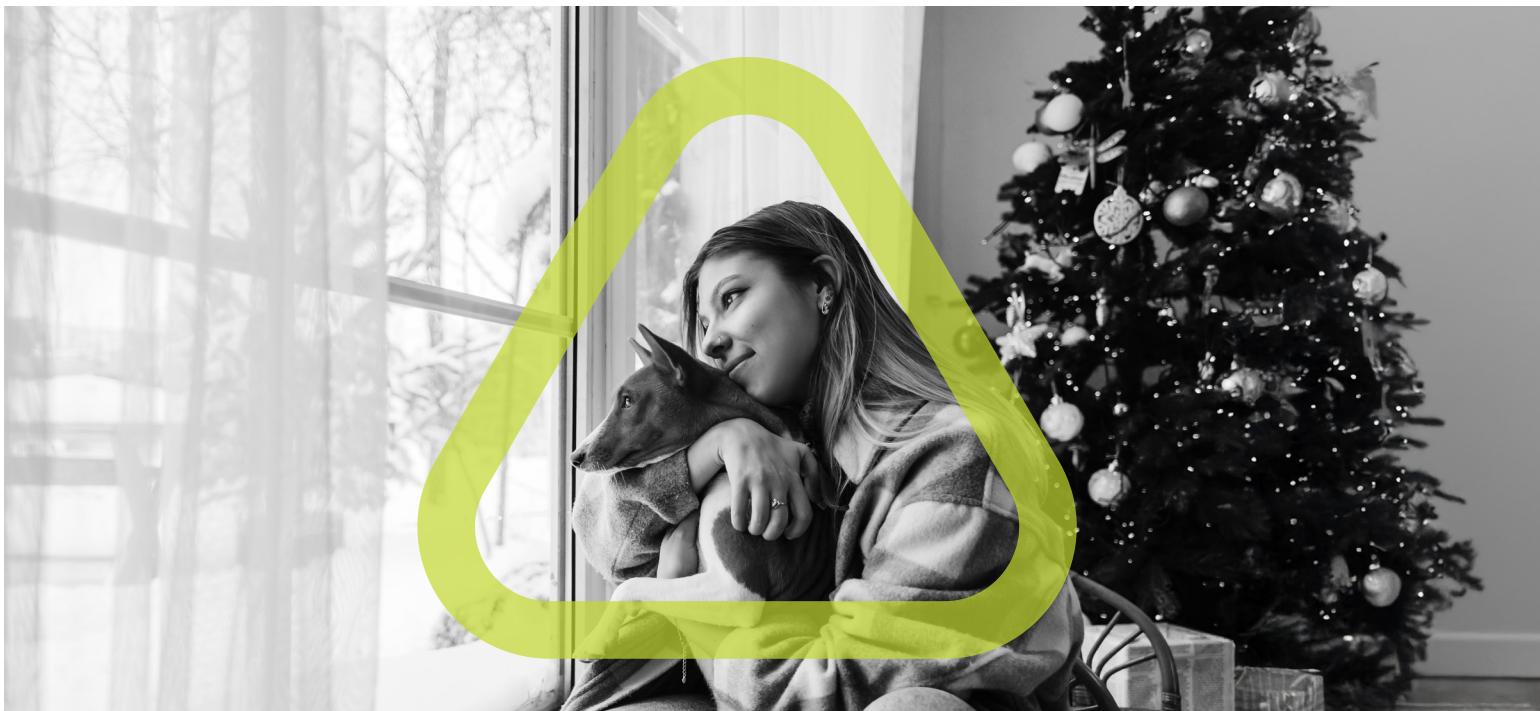
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