



EMBER
INSTITUTE

HAVE YOU THOUGHT ABOUT YOUR MENTAL HEALTH?



You deserve support.

A straightforward guide to recognizing
mental health concerns, understanding
your options, and taking the first
steps toward treatment.



*“ More pleasant people,
more pleasant lives,
more pleasant society. ”*



KINDLE YOUR FLAME.

Hope. Support. Growth. Together.



Need Help Now?

If you or someone you know is in a mental health crisis:



Call 988

Or visit: 988lifeline.org



For veterans:

Call 988 and **press 1**



**Is the crisis
more urgent?**



Call 911

(In the US) or go to
the nearest emergency room.



How do I know when it's time to get help?

Signs of distress: If you notice any of the following over the past month, it may be time to talk to your doctor or a mental health professional.



These are not all of the possible symptoms of mental health difficulties, but it is a good starting place. If you have had any of these symptoms or you are in doubt, speaking with a professional can help you learn more.



Felt restless, on edge,
or tired no matter how
much sleep you get.



Had difficulty concentrating,
felt frustrated, or had
trouble sleeping.



Noticed changes in appetite,
felt like things didn't
"feel real" anymore, or have
not enjoyed things you
used to enjoy.



Avoided responsibilities,
people, or situations
because you felt
overwhelmed by them.



You are not alone. Help is available, and things can get better.





You Have Options

Mental health conditions are common and treatable. The right support can help you feel better and live a healthier, more fulfilling life.



Recovery is possible.

With the right care and support, you can feel like yourself again and build a life you enjoy.



Types of Treatment



**Therapy /
Counseling**



Medication



**Lifestyle &
Wellness**



**Support
Groups**



**Specialized
Programs**



Finding What's Right for You

There is no one-size-fits-all approach to mental health care. A professional can help you explore your options and create a plan that fits your needs, goals, and circumstances.



Be honest.

Share how you feel and what you're experiencing. It helps your provider understand how to help.



Be patient.

Healing takes time. It's okay to try different approaches until you find what works best for you.



Be kind to yourself.

You are not your illness. Recovery is a journey, and every step forward is progress.



**Taking the first step is brave.
You don't have to do it alone.**

Help is available, and a better tomorrow is possible.

Keep going.





Taking the First Step

Reaching out for help is a sign of strength.
Here are simple steps to get started.



1. Talk to Someone You Trust

Start by opening up to a friend, family member, mentor, or someone you feel comfortable with. You don't have to go through this alone.



2. Explore Your Options

Learn about the treatment types and resources available to you. There are many paths to feeling better.



3. Make an Appointment

Contact a mental health professional or clinic. Many offer in-person and virtual appointments to fit your needs.



4. Be Patient and Kind to Yourself

Healing is a journey. Take it one step at a time. Small steps can lead to big changes.



You are not alone.
Help is available, and things can get better.

Reaching out today
can be the beginning
of a brighter tomorrow.





Paying for Mental Health Care

Cost should not be a barrier to getting help.

There are options and resources available.



Insurance

Many mental health services are covered by insurance plans.



- Check your plan's mental health benefits
- Ask about copays, deductibles, and visit limits
- Your provider's office can help verify coverage



Sliding Scale Fees

Many providers offer reduced fees based on your income.



This makes care more affordable for everyone. Don't be afraid to ask—it's a common practice.



Other Financial Options



Payment Plans

Many providers offer payment plans to spread out the cost.



Grants & Funding

Some organizations offer grants or scholarships for treatment.



Community Help

Local nonprofits may provide financial assistance or low-cost services.



Helpful Tips

- ✓ Be open with your provider about costs.
- ✓ Ask about all available options.
- ✓ Advocate for your needs.



Investing in your mental health is an investment in your future. Help is worth it.



You deserve affordable care.
There are options—let's find them together.

Finances should not stand in the way of healing.





Helpful Resources

Support is available. The resources below can help you find information, talk to someone, and take the next step.



Crisis Support



988 Suicide & Crisis Lifeline

Call or text **988**

Chat online at 988lifeline.org



Crisis Text Line

Text **HOME** to **741741**

Free, 24/7 support by text



Find Local Help



Mental Health Provider Directory

Find therapists, counselors,
and psychiatrists near you.

PsychologyToday.com



Community Mental Health Centers

Affordable care for all.
Find a center near you.

FindTreatment.gov



Local Support Organizations

Connect with nonprofits
and community programs.

NAMI.org



Learn & Grow



Knowledge can empower you.

Explore trusted information and self-help tools.

MentalHealth.gov • NAMI.org • HelpGuide.org



Resources are here.

Hope is real, and help is within reach.

You deserve support.

You deserve to feel better.





Box Breathing

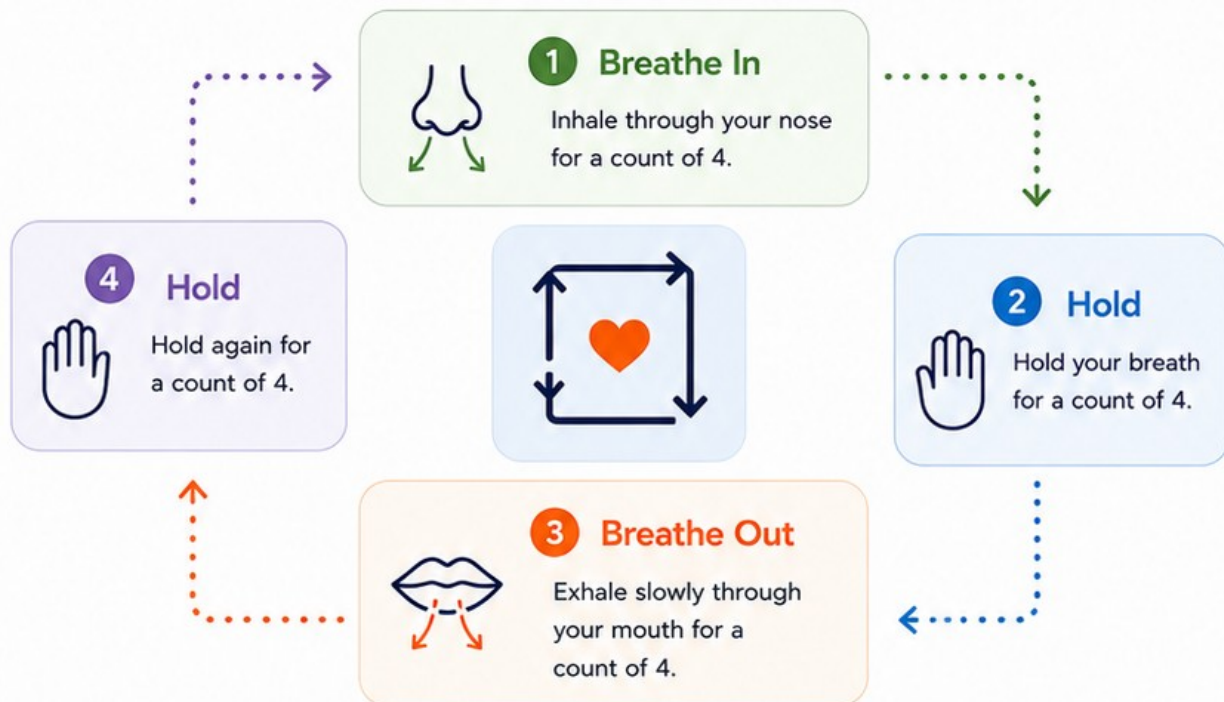
A simple breathing technique to help reduce stress and feel more calm.



You can do this anywhere.
Try it when you feel stressed, overwhelmed, or need a moment to reset.

How It Works

Follow each side of the box.
Repeat 4 times or as needed.



Helpful Tips



Sit or lie in a comfortable position.



Use your finger to count if it helps.



Be patient and kind to yourself.



With practice, it gets easier and more helpful.



**Take a breath.
You've got this.**

Small moments of calm
can make a big difference.





Your Local Resources

Use this space to write down helpful local resources
in your community.



Mental Health Providers

Name: _____

Phone / Website: _____

Notes: _____



Community Organizations

Name: _____

Phone / Website: _____

Notes: _____



Support Services

Name: _____

Phone / Website: _____

Notes: _____



Crisis Resources

Name: _____

Phone / Website: _____

Notes: _____



Other Helpful Resources

Name: _____

Phone / Website: _____

Notes: _____



Cut along the dotted line and keep this card with you.



**HELP IS
WITHIN REACH.**

You are not alone.
Support is always available.



Crisis Lifeline: **988**



Crisis Text Line: Text **HOME** to **741741**



You matter. You are enough.



Keep this card. You might need it one day.





You Matter. We're Here for You.

Reaching out and taking steps toward better mental health is something to be proud of.

You are not alone.



Remember:



Support
is available.
You don't have
to face it alone.



Small steps
can lead to
big changes.



Healing
takes time.
Be patient
with yourself.



You have
strength you
may not even
know yet.



There is hope,
and a brighter
tomorrow.



Thank you for taking the time to
prioritize your mental well-being.

You are worthy of support.
You are worthy of care.



We believe in you.
We're here for you.



Learn more. Find more resources.

emberinstitute.org

Tools, education, and support
for a healthier, brighter future.

