

# Mental Wellness



Mental health is just as important as physical health. It affects how we think, feel, act, make decisions, build relationships, learn and cope with changes.



## Common signs that you or a loved one may need support

- Feeling sad, worried or overwhelmed
- Difficulty concentrating
- Extreme mood changes
- Withdrawing from friends or activities
- Trouble sleeping or very low energy
- Unexplained physical pain (stomach, head, back)
- Nightmares and flashbacks
- Using alcohol or drugs to cope

## When to seek help

- **In an emergency:** If you or someone you know is in immediate danger or thinking about harming themselves or others, call 911 or go to the emergency room. Interpretation and translation will be available.
- **If it's a mental health crisis:** Call or text 988 - Suicide & Crisis Lifeline (24 hours a day 7 days a week).
- **If mental health symptoms last more than two weeks:** it's time to seek professional help.
- **If mental health symptoms are mild or last less than two weeks, but you don't feel like yourself:** it's okay to talk to someone you trust or try self-care. Professional help is also an option.

# 988

SUICIDE & CRISIS  
LIFELINE

## Where to get help

- Contact your doctor, clinic or local resources listed below and explain your symptoms.
- If you need an interpreter, ask for one.

## What do you do during and after your visit

- Ask questions and share concerns during visits.
- After your visit, follow recommendations, attend follow-up appointments and consider referrals.

## Deep breathing exercise

1. Breathe in for 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Hold for 4 seconds. Repeat 3-4 times to calm the body and mind.



NORTH  
**Dakota**  
Be Legendary.

Health & Human Services

**Local Fargo  
Behavioral Health  
Resources**

**Family Healthcare**  
301 NP Ave.  
Phone: 701-271-3344

**Family Healthcare-  
South Fargo Clinic**  
4025 9th Ave. S.  
Phone: 701-271-3344

**Southeast Behavioral Health Clinic**  
2624 9th Ave. S.  
Phone: 701-298-4500

For more resources, visit [hhs.nd.gov/behavioral-health/find-services](https://hhs.nd.gov/behavioral-health/find-services)