

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 | Health & Human Services
Be Legendary.

**Local Grand Forks
Behavioral Health
Resources**

Spectra Health
212 S. 4th St., Suite 200
Phone: 701-757-2100

Northeast Behavioral Health Clinic
151 S. 4th St., Suite 401
Phone: 701-795-3000

For more resources, visit hhs.nd.gov/behavioral-health/find-services