

Let's talk mental health

Feeling overwhelmed?

Use this checklist to help you relax

Relax your shoulders away from your ears

Take 3 deep breaths

Write down your thoughts

Take a quick break

Ask for help

If you're feeling down or anxious and think you may need help, call our 24/7 Behavioral Health Help Line at **704-444-2400** to speak to a licensed professional.

