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.

Atrium Health