

self-care

the practice of taking action to preserve or improve one's own health



wellness

the quality or state of being healthy in body and mind, especially as the result of deliberate effort



Get in touch with us!

freeyourfeels@gmail.com

Connect with us on social media!



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**Free Your Feels
Mental Health
Resource Guide**





MENTAL HEALTH

The pandemic highlighted and increased the mental health challenges of people around the world. Access to resources is the first step to ensuring communities can heal and address their emotional, psychological, and social well-being.

Biological factors, life experiences, and family history contribute to what coping with these issues looks like. With mental health challenges having an impact on moods, behaviors, and thinking, it is something we must address now and not later.

Free Your Feels is a mental health awareness campaign encouraging Georgia's young people to explore their real feelings and share them fearlessly.



HELPFUL HOTLINES

National Suicide Prevention Lifeline

1-800-273-8255

Provides support for people in distress, as well as prevention and crisis resources for you or your loved ones

Georgia Crisis and Access Line

1-800-715-4225

Provides immediate access to crisis or routine services. Download to text, chat, or call directly.

Crisis Text Line

Text TALK to 741741

Text anywhere in the U.S. to talk to a trained crisis counselor via text message.

NAMI Georgia Helpline

770-408-0625

A non-crisis helpline (also available as an app) providing information about local resources and supports.



IN CASE OF EMERGENCY, CALL
GCAL at 1-800-715-4225

SELF-CARE TIPS

1

Get proper rest.

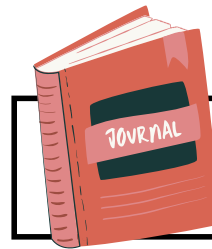


2

Say daily affirmations.

3

Laugh a little... or a lot!

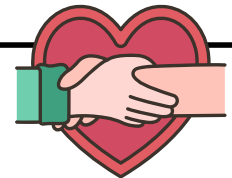


4

Start journaling.

5

Ask for help!



For additional
resources, scan the
QR code.





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IN CASE OF EMERGENCY, 988

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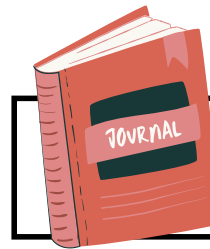


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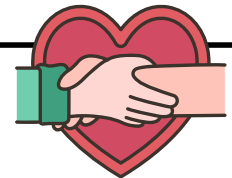


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