



Mental Health Resources

Directions:

- Choose one Response Behavior you see in yourself when you experience significant stress.
- Write down a real life example in your life story.

Common Response Behaviors to Stressors that signal a potential Mental Health decline:

- Overwhelm
- Insecure: not confident you can accomplish goals & handle relationships
- Doubt: self-doubt or doubt there's a good future for you
- Significant fatigue that affects judgment & relationships
- Grief, extreme sadness
- Isolation or disconnected
- Disappointment, discouragement
- Regret
- Avoidance

Mental Health Resources:

- 24/7 Crisis Text Line
 - Text "HOME" to: 741741
- 24/7 Sonoma County Crisis Services:
 - (707)-565-6900
 - (800)-870-8786
- 24/7 North Bay Suicide Prevention:
 - (855)-587-6373