Wellness Resources for Stress, Depression, & Suicide Prevention

Share with your workplace, family, or friends.

First Call for Help
Frontier Behavioral Health
509.838.4428
www.fbhwa.org

National Suicide Hotline
1.800.273.8255
Text TWLOHA to 741741
www.suicidepreventionlifeline.org

Trevor Project LGBTQ+ Support
866-488-7386
Text START to 678678
www.thetrevorproject.org

Crisis Text Line 741-741
www.crisistextline.org

Or call 9-1-1

7 STRESS RELIEF STRATEGIES

1. Change your passwords. Use a password to help you create the environment you want.
2. Try 4-7-8 breathing. Breathe in for a count of 4, hold your breath for a count of 7, then exhale for a count of 8. Repeat this for five minutes.
3. Savor something. Engage in thoughts that heighten the effect of positive events and positive emotions.
4. Smile. Simply smiling will not only make you feel better, but you'll give off the signal to others that you want to connect.
5. “If-Then” a goal. If you add “if...then” statements to your goals, the likelihood of achieving that goal skyrocket.

www.AmericanExpressTumblr.com

Need help finding a resource?
Ask library staff for help if you are unable to find or access a resource. We're glad to help you find the information you are looking for.