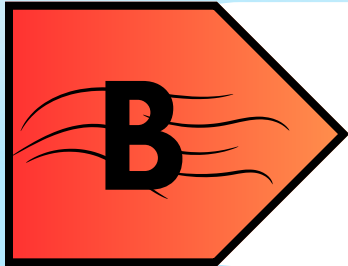


# MENTAL HEALTH EMERGENCY

# B.R.A.K.E.



## Breathe

Breathe, pretend you are smelling a flower. Breathe deeply through your nose until your belly fills up with air. Hold the air in, pausing for a few seconds, and then pretend you are blowing out candles, pushing all the air out through your mouth. Do this a few times. This may help lower anxiety.



## Reach Out

Reach out to someone you can talk to. It may be a relative, friend, neighbor, spiritual leader, or someone at a crisis line. Let someone who cares about you know what is happening. On the back of this page, there's a place where you can keep a list of numbers to call or text for help.



## Assess Your Needs

Assess your needs. When you feel overwhelmed, breathe, be mindful, and try to be aware of what is happening in your body and your thoughts. What do you need? Can you reach out and ask for help? Sometimes it may feel hard to ask for and accept help. It's ok to reach out and ask for what you need.



## Be Kind to Yourself

Be kind to yourself. Everyone's mental health and reactions to crises look different. Try to avoid comparing yourself to other people. Everyone is doing the best they can.



## Embrace Your Community

Embrace your community. You are not alone. People who have been in similar situations can be very helpful. They can offer you information and guidance to help you identify and navigate supports and resources.

# REACH OUT.

If you are in an immediate crisis, please call or text 988 or chat at 988lifeline.org

My emergency numbers

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People I can call or text for support

Name

---

Name

---

Phone Number

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Phone Number

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Email Address

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Email Address

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Here's the name and phone number of a trusted organization or provider that I can call when I need immediate help.

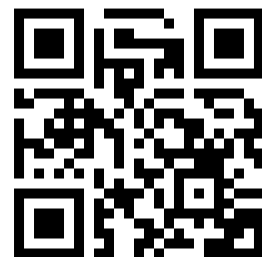
Name

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Phone Number

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Resources



<https://bit.ly/3R8dM4m>