



# Soundbites to Help Yourself & Others

Call up courage to help yourself and others. You Matter!



## Say to Myself

- I matter.
- I have purpose.
- There is more for me on the other side.
- I have hope.
- I am loved.
- I love others.
- Someone can help me.
- I need help.
- I want to take care of myself and get the help I need.



## Request Help

- I am feeling...
- I don't know why I am feeling this, but...
- I need support.
- I need to talk.
- I think I need to see a doctor.
- I'm having dark thoughts right now.
- I'm in a dark spot right now.
- I can't be alone right now, today, this week.
- Can you stay with me?
- Ask doctor, friends, family for referrals.



## Offer Help

- How can I help you?
- What are you feeling?
- Do you know why you are feeling this way?
- What do you need?
- I'm here for you.
- When was the last time you had dark thoughts?
- Are you in a dark place right now?
- You matter. I love you.



**SoCONNECTED**

CONNECT THE DOTS TO MENTAL WELLNESS

## Resources for Your Mental Health Check!

**You Matter!**



- Phone a friend
- Call family
- Call the lifelines
- Visit your doctor
- Obtain resources

### ***Depression & Substance Abuse Lifeline*** **SAMHSA.gov**

1-800-662-4357

<https://www.samhsa.gov/find-help/national-helpline>

### ***National Suicide Prevention Lifeline***

1-800-273-8255

<https://suicidepreventionlifeline.org/>

### ***National Alliance on Mental Illness***

<https://nami.org/Home>

### ***Visit <https://CindyTschosik.com>***

- Download Resources, including the Soundbites!
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