

Mental Health Toolkit

Supporting Your Mental Well-Being

Prepared by I&R CARES

Disclaimer

This guide provides general information about mental health and trusted support resources in Ohio. It is not a substitute for professional medical advice, diagnosis, or treatment. If you or someone you know is in immediate danger, call **911**. If you are experiencing a mental health crisis, call or text **988**.

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Understanding Mental Health

Mental health affects how we think, feel, and handle daily life. Everyone experiences stress, sadness, or worry at times. If these feelings last for several weeks or begin to affect your work, relationships, or daily activities, it may be time to seek professional support.

Remember, asking for help is a sign of strength.

Everyday Wellness Tips

Simple habits can support your mental well-being:

- Get enough sleep each night.
 - Stay physically active.
 - Eat balanced meals.
 - Spend time with supportive family and friends.
 - Take breaks when you feel overwhelmed.
 - Practice deep breathing or mindfulness.
 - Limit alcohol and drug use.
 - Talk to someone you trust when you're struggling.
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When to Seek Help

Consider reaching out to a healthcare professional if you:

- Feel sad or anxious most days.
- Have trouble sleeping or concentrating.
- Lose interest in activities you once enjoyed.
- Feel overwhelmed by stress.
- Notice changes in eating or sleeping habits.
- Have thoughts of harming yourself or others.

Early support can make recovery easier.

Mental Health Resources

NAMI Ohio

NAMI Ohio provides education, support groups, advocacy, and mental health resources for individuals and families across Ohio.

Website: <https://namiohio.org>

Phone: 614-224-2700

Mental Health America of Ohio

Mental Health America of Ohio offers education, advocacy, community programs, and connections to mental health services.

Website: <https://mhaohio.org>

Phone: 614-221-1441

Ohio Department of Mental Health & Addiction Services (OhioMHAS)

Provides information about mental health treatment, recovery services, prevention programs, and local behavioral health resources.

Website: <https://mha.ohio.gov>

Phone: 614-466-2596

Crisis Support

988 Suicide & Crisis Lifeline

Free, confidential support is available 24 hours a day for anyone experiencing emotional distress, a mental health crisis, or concerns about substance use.

Website: <https://988lifeline.org>

Phone: Call or Text 988

SAMHSA National Helpline

Provides free, confidential information and referrals for mental health and substance use treatment services.

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

Phone: 1-800-662-4357

Helpful Checklist

Use this checklist to support your mental wellness.

- Get 7–9 hours of sleep.
- Stay connected with family or friends.
- Exercise or take a short walk.

- Eat healthy meals and drink water.
 - Schedule regular healthcare appointments.
 - Reach out for help if you're struggling.
 - Save important crisis phone numbers.
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About I&R CARES

I&R CARES believes mental wellness is an important part of overall health and independent living. We encourage individuals and families to seek support when needed and connect with trusted community resources throughout Ohio.

Emergency Contacts

Emergency: 911

988 Suicide & Crisis Lifeline: Call or Text **988**

NAMI Ohio: 614-224-2700

Mental Health America of Ohio: 614-221-1441