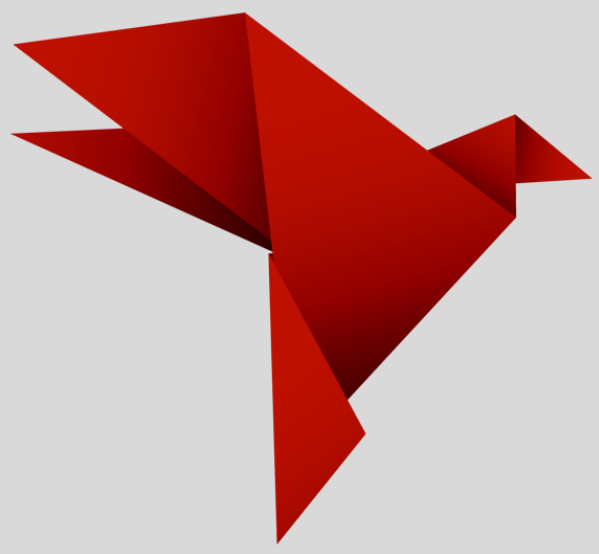




Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

Are you at a crossroads with your **Resilience** or **Emotional Well-being**?

Questions to ask yourself:



Do you get stuck on thoughts or feelings, particularly ones which bring you difficult feelings?

Have you been feeling emotionally and physically tired, struggling to find motivation to get daily tasks accomplished?



Do you (often) believe things are not going to work out or get better no matter how hard you try?

Remember and **consider:**

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
- Reach out if you're having a difficult time.

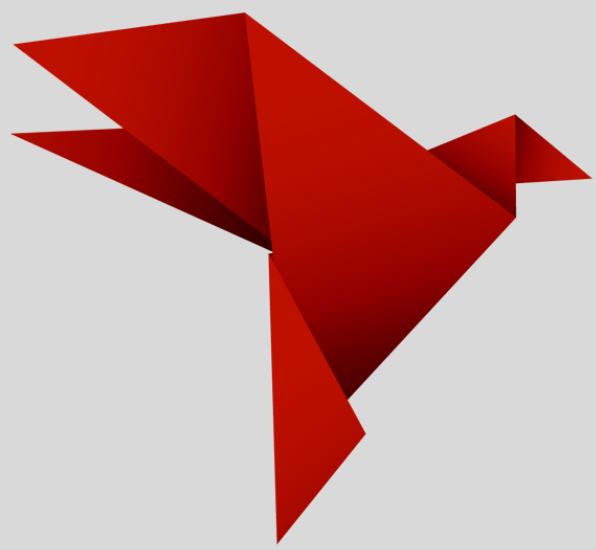
Crisis Resources:



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Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

Are you at a crossroads with your **Resilience** or **Emotional Well-being**?

Questions to ask yourself:



Do you avoid uncomfortable feelings or tasks that cause uncomfortable feelings?

Do you find yourself acting based upon strong emotions or thoughts without thinking through a situation or the consequence?



Do you struggle to open up to your friends or family when you are having a difficult time?

Remember and **consider**:

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
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