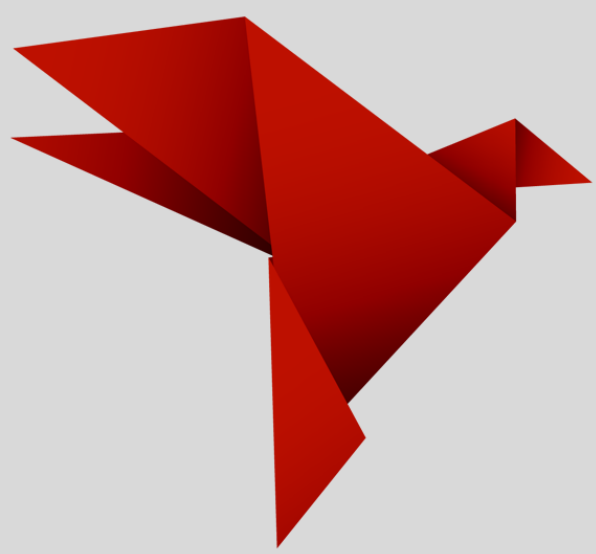




Signposts

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

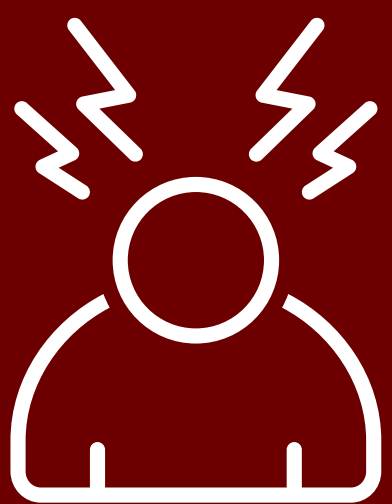
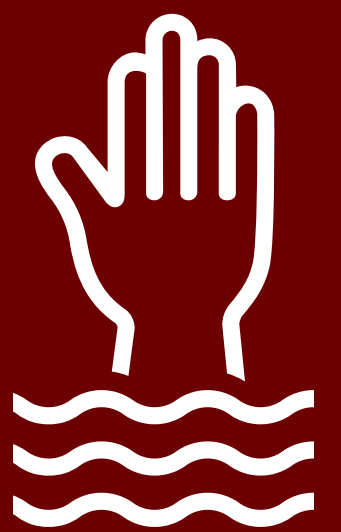
Are you at a crossroads in your *Thought Life?*

Questions to ask yourself:



Do you struggle to overcome thoughts brought on by intense emotions?

Do you often feel overwhelmed by your thoughts or struggle to stop thinking?



Do you tend to only believe evidence that supports your thoughts?

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.

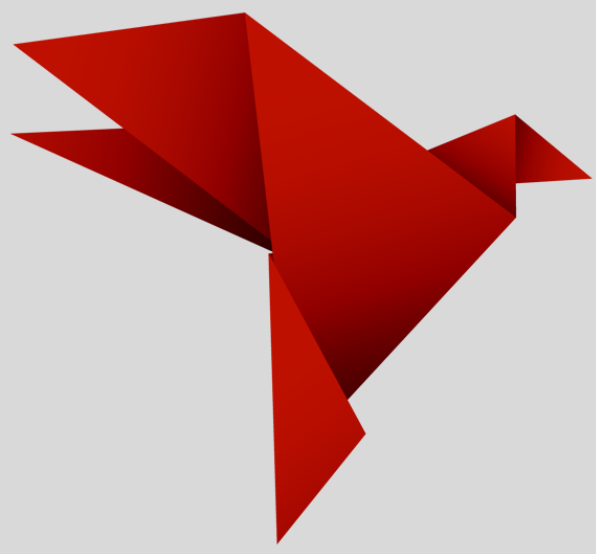
Crisis Resources:



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Signposts

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

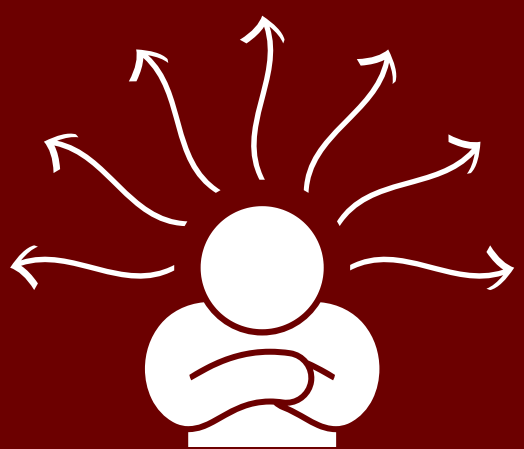
Are you at a crossroads in your *Thought Life?*

Questions to ask yourself:



Do you believe everything you think is true?

Do you use thinking as a strategy to avoid feeling challenging emotions?



Is it hard for you to be curious and wonder about your thoughts?

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.

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