

Mental Well-being Matters



Check-in with friends and family.

If you are concerned someone may be having thoughts of suicide, ask them directly. Talking openly about mental health and suicide can help create an honest conversation and connection. Call the National Suicide Prevention Lifeline (1-800-273-8255) or visit www.health.state.mn.us/communities/suicide/basics/index.html to learn about resources and signs of suicide.

ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at health.state.mn.us/people/mentalhealth.html
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:** 1-800-273-8255

#StayConnectedMN

