



Mental Well-being Matters

Taking care of yourself is not selfish!

It helps us be a better friend, parent, worker, and partner. Make a list of things you enjoy, include anything from calling a friend, dancing to your favorite song, to walking the dog. Do at least one thing a day!

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

