Taking Care of Your Mentals

Pick a story or use your own. Draw, talk, write or pass. Your answers stay with you.

Paper votes Deja's text A B C | Survey A B C | Optional song question A B C

Choose one story. What could you say?

Children At recess, Jo wants to play but feels worried. Draw Jo's face or tell a grown-up you trust: "I feel _____. Can you help me _____?"

Teens Lunch feels overwhelming. Practice asking a trusted adult for backup: "Could you walk with me to the counselor?" Try it in your own words.

Adults Deja has missed three Sunday dinners. She texts, "I'm just tired." What could you say that gives her room to answer honestly?

Older adults You miss catching up with a friend after choir or a weekly walk. What could you say to let them know you'd like to reconnect?

My words or drawing

What feels different lately?

What changed, and since when? Think of sleep, play, school, work or time with people you love.

What would make getting support worthwhile?

Maybe it's joining a game, opening a bill, moving more easily or finding time for prayer or quiet.

What matters to me

One sign I'd notice

One small step I could try

Someone I could talk to

Clinic calls for adults and caregivers

"Are you taking new patients? What would a visit cost? If you're booked, who else could I call?"

My clinic question

Clinic or organization **Phone**

When I might call

Where to start

Use the phone numbers and web addresses below, or tap an underlined link.
A trusted adult can help a child or teen use this page.

Workshop resources

dariusstephensmd.com/workshop#resources

For families and older adults

Children and Mental Health nimh.nih.gov

Search “Children and Mental Health.” Caregivers can ask the child’s pediatrician for help. A young person can start with a trusted adult or school counselor.

Eldercare Locator **1-800-677-1116**

Call or visit eldercare.acl.gov to find community services for older adults and caregivers.

Finding and paying for care

HRSA Find a Health Center findahealthcenter.hrsa.gov

Enter a ZIP code. Ask about mental health services, fees and openings.

SAMHSA lower-cost treatment guide samhsa.gov

Search “Find Free or Low-Cost Treatment.” Ask about income-based fees or payment plans.

Mercy Care in Atlanta **(678) 843-8600**

Call for appointments. Ask which location offers the care you need.

BEAM Black Virtual Wellness Directory wellness.beam.community/directory

Looking for a Black therapist? Filter by Therapy and state. Confirm the clinician’s license, fees, availability and the ages they see.

Peer support and first visits

NAMI support groups nami.org/support-groups

Find free groups for adults with mental health concerns and for adult family members and friends.

NIMH first-visit guide nimh.nih.gov

Search “Tips for Talking With a Health Care Provider About Your Mental Health.” Bring a question you want answered.

Help in a crisis

For emotional distress, call **988** or text **988** to reach a crisis counselor.

Call 911 for immediate physical danger or a medical emergency.