MENTAL HEALTH HOTLINES

Mental health hotlines are confidential, 24/7 support services that connect individuals with trained professionals who can provide emotional support, crisis intervention, and guidance. These hotlines offer a safe space for people to talk openly about their struggles without judgment.

National Mental Health Hotline

24 hours/7 days a week, FREE Assistance

(866) 903-3787

mentalhealthhotline.org

988 Lifeline

24 hours/7 days a week, FREE and Confidential

Mental Health and Substance Use services are available

988

988lifeline.org

Teen Line

Available 6 AM-10 PM PST

FREE access to personal peer-to-peer support from highly trained teens called "Listeners" supervised by professionals

(800) 852-8336

teenline.org

For Emergency Help Call 911

Equity and Justice 4 ALL, Inc.

Equity and Justice 4 ALL, Inc.
Serving families and all communities by providing support.

For more information, please contact
admin@equityandjustice4all.com



This brochure is for informational purposes only



A Guide to Self Nurturing

Promoting Health and Wellness

State Resources

Mental Health

- **Mindfulness en el Museo:** ¡Inscripción gratuita!
  venturamuseum.org/event/mindfulness-the-museum-vinyasa-flow-yoga/
- **Soluna:** Free & Confidential Mental Health Support and coaches for Ages 13-25 by text, phone, or video
  solunaapp.com/?from=AppAgg.com
- **L.A. Care.org:** Provides free wellness activities, Dance & Fitness, support groups, preventative health screenings in multiple locations across the state
  lacare.org
- **Inclusive Therapists:** Helps those with marginalized identities find therapists and get matched for free. Offers help in Spanish!
  inclusivetherapists.com

Physical Health

- **Yoga by the Sea:** Free sign up on app "Meet Up"
  meetup.com/
- **Andale Wellness:** Yoga , Zumba, Sound baths and many community events
  theopac.org/andale
- **AllTrails App:** Free Trail Guides & Maps for hiking, camping, and running
  alltrails.com



Taking Care of Your Mental Health

Self-nurturing allows you to care for your emotional and physical needs with kindness and compassion. Taking time to nurture yourself builds self-worth, reduces stress, and helps you better manage life's challenges.

Take a look at our list of wellness activities and resources to support your mental health:

- Practice Mindfullness
- Get regular exercise
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Try relaxing, self-care activities
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay connected to your community!

Additional Resources

Video:
youtube.com/watch?v=IYq0h3KgDpY

Article:
nimh.nih.gov/health/topics/caring-for-your-mental-health

National Resources

Mental Health

- **Insight Timer:** Meditation & Sleep App
  insighttimer.com
- **Woebot App:** AI, Free Selfcare expert
  play.google.com/store/apps/details?id=com.woebot&hl=en-US
- **Thinkable App:** Free Affirmation minigames & provides supportive thinking
  apps.apple.com/us/app/thinkable-health/id1489604281
- **Headspace:** Free Meditation & Health App, Available in 7 Languages!
  headspace.com
- **Coloring Book Pro:** Free Coloring pages and apps
  coloringbookpro.com

Physical Health

- **Silver Sneakers Program:** Free gym membership for Medicare individuals
  tools.silversneakers.com
- **Free Yoga-Go:** Chair Yoga & Pilates app
  apps.apple.com/us/app/yoga-go-chair-yoga-pilates/id1361619409
- **CDC Physical Activity Basics:** Easy-to-understand fitness tips, exercise guidance, and health information
  https://www.cdc.gov/physical-activity-basics/about/index.html
- **American Heart Association Healthy Living:** Exercise, nutrition, sleep, stress, and heart health resources
  https://www.heart.org/en/healthy-living