



MY LIFE, MY RIGHTS

KNOWING MY RIGHTS:

Medical and Mental Health Rights

NOVEMBER 12, 2020

1-2 PM

Join us on Zoom!

Your mental health
is important!!!

I like Pizza!



I don't like peas!



Mental Health is about thinking about things and having feelings that you like and that you don't like.



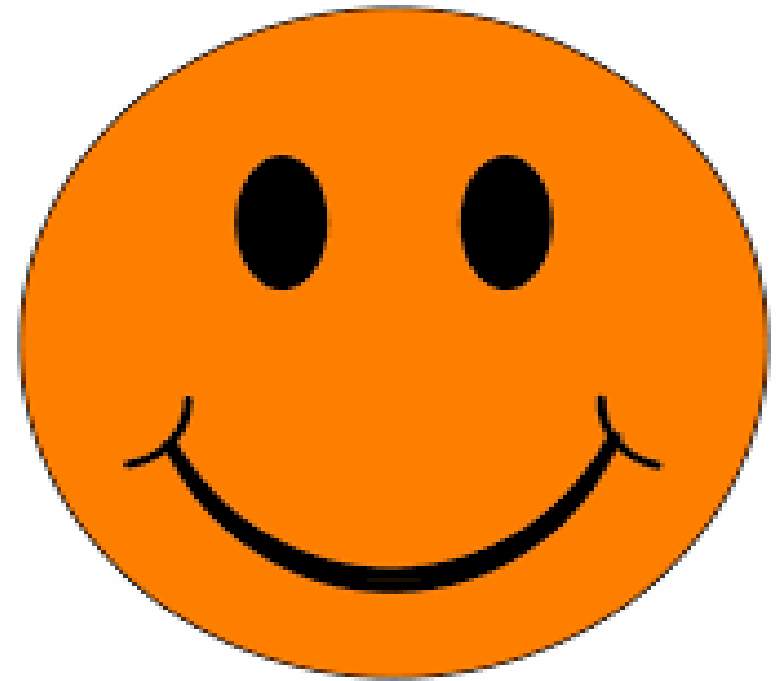
Having thoughts

- What do you not like to think about?
- What do you like to think about?



Feelings

- What feelings do you not like?
- What Feelings do you like?



Every day is not easy

- We have problems
 - We have tough situations
 - We have feelings that we may not like
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- MOST of the time, this is a normal part of life and we are able to cope with this.
 - Coping means to deal with things so that you can still have a good day.



What is good mental health?

Being able to handle problems that come up to the best of your ability and to cope with stress so that you can live each day in a good way.



How can you practice good mental health?

- Eat healthy foods
- Get Exercise
- Get enough good sleep
- Do things that you enjoy
- Be in places and with people that you like
- Practice relaxation, yoga or meditation
- Take medicine prescribed by a doctor or nurse

Too much!!!

- When feelings or thoughts are really hard!



When feelings or thoughts
are lasting way too long!



Who are your helpers?

Let's name all the kinds of people who help

What do they do?

What helps you?

Mental Illness

- Just like our bodies can get sick, our brains can get sick too and we need to go get some help



- Mental health professionals can talk with you. There are lots of ways to get help.

Emergencies



Crisis Hotline: **1-800-888-6161**



Non-Emergency Navigator: **440-240-7025**



Introducing the

WARM
line

*New Expanded
Hours 1-10 pm!*

The Nord Center is proud to announce the opening of the **Warm Line**—a consumer-run phone service providing peer support, resource referrals and shared experiences of hope and recovery.

How do I reach the Warm Line?

Please call our crisis hotline at 1.800.888.6161 and ask for the **Warm Line**

When can I call?

The **Warm Line** is available **1 pm—10pm**, Monday—Friday
(days and times are subject to change)

What do people talk about?

Practically anything! **Warm Line** calls are confidential, so feel free to tell us what's on your mind

Is there any cost?

No, there is no charge for a call to the **Warm Line**

“Talk to us. We’ve been there.”

**Call us at 1.800.888.6161 and
ask for the Warm Line**

Relaxation

- Breathing Exercise



Grounding

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste



