

**National Suicide
Prevention Hotline
Call 1 800-273-TALK (8255)**

Or Text TALK to 741741

Resources

- **NATIONAL SUICIDE PREVENTION HOTLINE 1-800-273-TALK (8255) or Text TALK to 741741**
- City of Mesquite Mental Health Initiative (www.cityofmesquite.com/3455/Mental-Health-Initiative)
- AZAR Foundation free counseling for Mesquite Residents (www.azarfoundation.org) 833-298-9111
- Mesquite ISD – contact School Counselor
- Colleges – Counseling and Wellness Centers
- Multi-Cultural Recovery Center in Mesquite (www.multiculturalrecoverycenter.com) 214-609-3300
- VA North Texas 214-857-4279 (Option 2 for new patients)
- Cohen/ Metrocare (www.metrocareservices.org)
- Amen Clinics (Irving) (www.amenclinics.com)
- UT Dallas Center for Brain Health (www.brainhealth.utdallas.edu)
- NAMI (National Alliance for Mental Illness) (www.nami.org)
- AFSP (American Foundation for Suicide Prevention) (www.afsp.org)
- Suicide Prevention and Brain Health Advocates Rotary eClub (website To Be Posted July 2021)
- Halliburton Foundation (www.granthalliburton.org)
- Veterans Resource Center (www.stopone.info)
- Mental Health America (www.mhanational.org)
- Mesquite ISD Community Education (www.communityedclasses.org)

Strengthen Self - Care

- Healthy Diet
- Exercise regularly (www.cdc.gov/physicalactivity)
 - 150 minutes Moderate Intensity aerobic each week
 - 2 days muscle strengthening activity each week
- Adequate Sleep (7+ hours per day for Age 18-60)
www.cdc.gov/sleep
- Stress management
 - Meditation (<https://warriorspiritproject.org/try-irest-now/>)
 - Create and follow a stress reduction plan (could be group activity)
 - Stress Reduction Plan can evolve into crisis response or safety plan
- BrainHealth Project - UT Dallas Center for BrainHealth <https://brainhealth.utdallas.edu/the-brainhealth-project/>
- APPS for Phone

