



## May is Mental Health Awareness Month

When it comes to mental health, small actions equal big impact. Mental health is an important piece of our well-being. How we think about life and our place in it connects us to ourselves and our neighbors. There are many resources, supports, and activities to bring balance to our total wellness. Talking about mental health helps promote acceptance and encourages people to seek connection and support.

Let's support each other and make it okay to reach out and ask for connection. Being aware of the signs and symptoms of mental health challenges increases opportunities to be there for one another. Through this, we can encourage others to seek appropriate resources when they are ready. Again, Mental health is an important piece of our well-being and there are many ways to protect, maintain, and enhance it. If you or someone you know is experiencing mental health challenges, at any stage of life, there are several places to connect for support and guidance.

### Resources:

- **For tribal members and their descendants and members of other federally recognized tribes and their descendants, behavioral health services** – both mental health and addiction services - are available onsite at the Narragansett Indian Health Center (NIHC) at 51 Old Mill Rd., Charlestown, RI. Services not available onsite may be available through referral. Call the NIHC at 401-364-1263 ext. 107 and ask to speak with our counselor, Craig, at ext. 122. Other than vacations, holidays, and building closures, Craig is available every Wednesday through Friday, from 8:30 am – 4:30 pm and every Tuesday from 9 am – 5 pm.
- **National Suicide Prevention Lifeline:** Lifeline offers free services 24/7. **Dial 988 or 800-273-TALK (8255)** or visit [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org). **988** is available for anyone who needs support for a suicidal, mental health and/or substance use crisis.
- **Crisis Text Line:** Text “**MHFA**” to **741-741** for free 24/7 crisis counseling or visit [crisistextline.org](https://crisistextline.org).
- **Lifeline Crisis Chat:** Visit [crisischat.org](https://crisischat.org) to chat with crisis centers around the United States.
- **The Trevor Project:** Specializing in supporting the LGBTQ community. Call [866-488-7386](https://866-488-7386) or text “**START**” to **678-678**. [thetrevorproject.org](https://thetrevorproject.org)