

SHOULD I SEEK HELP?



SCAN FOR
MORE RESOURCES



If you are...

- Feeling sad
- Feeling more tired than usual
- Feeling overwhelmed
- Feeling angry or easily upset
- Feeling stressed or worried
- Having panic attacks
- Having racing thoughts
- Having trouble sleeping

If you're having a hard time with...

- Work
- Family
- Friends
- Taking care of yourself
- Doing routine tasks at home
- Excessive use of alcohol or drug



If you have...

- Thoughts of suicide
- Thoughts of harming yourself
- Thoughts of harming others



SEEK HELP

SEEK HELP SOON

SEEK HELP NOW

CALL:

St. Elizabeth Physicians Primary Care:
(800) 737-7900
Nurse Now Helpline: (888) 478-3669
HealthPoint: (859) 655-6100

CALL:

NorthKey: (859) 331-3292
HealthPoint: (859) 655-6100
St. Elizabeth Care Management: (859) 655-8813
SUN Behavioral Health: (859) 429-5188
Northern Kentucky Helpline: (859) 415-9280

CALL OR TEXT:
988

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