

VIBE CHECK

A DOSOMETHING GUIDE

to help support and equip **YOU** with the tools
needed to have meaningful conversations with your peers
and community about mental health



YOUR MENTAL HEALTH TOOLKIT

Looking after your mental health can be tough. Check out these diverse mental health and self-care resources to take care of your mind.

BringChange2Mind

[Bringchange2mind.org](https://bringchange2mind.org)

Information and stories on mental health from other young people.

Mental Health American

[Mhanational.org](https://mhanational.org)

Information on mental health, getting help, and taking action.

Depression Screening

[Screening.mhanational.org](https://screening.mhanational.org)

Screen for symptoms of depression and seek professional help, if needed.

National Empowerment Center

[Power2u.org](https://power2u.org)

Advocacy resources to support recovery, empowerment, hope, and healing to those diagnosed with a mental illness.

National Alliance on Mental Illness

[Nami.org](https://nami.org)

Resources that are helpful for people experiencing mental illness, and additional resources for family members including support groups, education, and training.

National Center for Learning Disabilities

[Nclld.org](https://nclld.org)

Support for adults and children with learning issues like dyslexia and/or attention issues like ADHD.

DoSomething Diverse Mental Health Resource Hub

dosomething.org/mentalhealthhub

A collection of diverse mental health and self-care resources to help make a positive difference in you and your loved ones' mental health.

MASTER YOUR MIND

Hey you. Checking in. Let's make looking after your mental health a priority. Taking care of your mental health is one of the most badass things you can do. At its core, self-care is doing what you need to keep yourself healthy—physically, emotionally, and mentally. This looks different for everyone. For some, it's decluttering your personal space. While for others, it's streaming your latest Netflix obsession. Having access to resources to take care of your well-being sets you up for success in managing your emotions and reactions.

TODAY I'M FEELING...



CALM



DISAPPOINTED



GOOFY



HAPPY



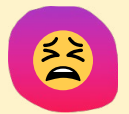
SCRAMBLED



PROUD



ANXIOUS



FRUSTRATED

Naming our emotions is the first step in helping us deal with them. As we learn to identify, label, and express our emotions, our brain becomes better at recognizing them—making us less reactive, and way more proactive in managing them in healthy ways. Test it out today! Circle how you're feeling and help your brain learn and recognize your emotions more frequently.



Struggling with your mental health is common.

You may face challenges—some more severe than others—that affect your everyday life, and the way you feel and act.

Sometimes, you need to fight the static. You know, all that noise and commotion swirling in your brain, causing you to feel overwhelmed with your emotions. Finding tools and techniques to ground your emotions can help you remain cool, calm, and collected!

Express your emotions. Set some time for yourself and journal about your current thoughts. ✨ Spending time to reflect on your emotions might be a great way for you to process your way through them. ✨

Move your body. Journaling not for you? 🧑 Try taking a walk. Listen to music or move your body to dance or sing! 🕺 Engaging in your 5 senses can help to ground yourself. Moving your body may also help your nervous system to regulate your emotions and state of mind. 🧘

Celebrate the small victories. Still moving through big feelings?

Be compassionate with yourself, it's slow and steady work. ❤️

Acknowledge your strides and celebrate all your self care work.

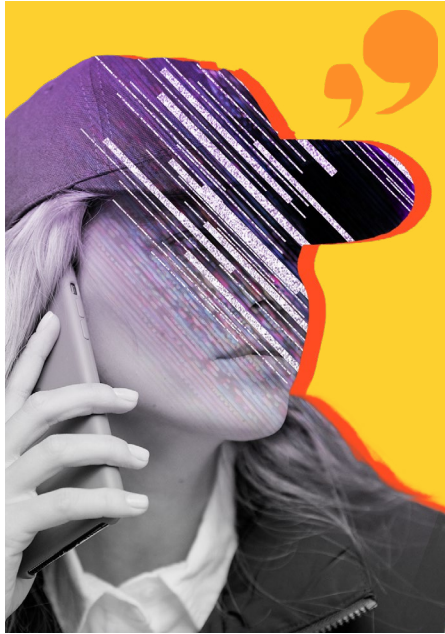
Revisit any of the above prompts as needed! 😊

YOUR MIND MATTERS

Talking about your mental health with others can be scary. It's okay to ask for help.



We've said it once, and we'll say it again: it's okay not to be okay. Reclaim your mental health today and build systems of support amongst your peers.



CAN WE TALK?

It can be hard to open up and talk with someone about what you're experiencing. Find a space where you feel safe, secure, and comfortable opening up about the support you need.

Here are some prompts to get the conversation started:

Telling an adult (like a parent, guardian, or family friend) about how you're feeling overwhelmed: I've been struggling with [] and I'm not sure what I can do about it. I want to feel more []. How do you recommend I move through this?

Reaching out to a trusted friend when you're feeling lonely and don't want to be alone with your thoughts and feelings anymore: Lately I've been feeling so alone and it seems like []. It would mean a lot to me if we could [] together.

When it's scary saying the words out loud, try writing down how you feel in a letter or text: I'm afraid of [], and I'm nervous to talk about it because []. I want to tell you this because []. Can you help me?

When opening up about your feelings, remember the following:

- Use "I feel" language
- Be specific and share examples
- Establish boundaries. Know what you want to share and who you want to share it with
- Know what you're asking for—whether that be emotional support and advice, or simply a listening ear



BE SOCIAL

Retweet! Double tap! Like!

Check out our social media toolkit filled with shareable posts to help kickstart meaningful conversations about mental health with your peers.

P.S. Don't forget to follow DoSomething (@dosomething) on all major social platforms to access tools and resources to help you take action on the issues you care most about!

REACH OUT (I'LL BE THERE)

Sometimes, we just need someone in our corner. Check out these resources for support systems available to you 24/7, and all ready to walk alongside you in your mental health journey.

The Less Lonely Project 92ny.org/lesslonely/

A social media campaign led by Gen Z to help destigmatize loneliness, raise awareness, and provide tools to cultivate greater connections.

GetSomeJoy Getsomejoy.com

A creative wellness agency that supports communities with joy-infused training, experiences, and resources.

SAMHSA's National Helpline 1-800-622-HELP

A free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.

988 Suicide and Crisis Lifeline

Call, text, or chat the number **9-8-8** to connect with counselors trained to support anyone in suicidal crisis or emotional distress. Available 24/7.

Crisis Text Line Crisistextline.org

Text HOME to 741741 to reach a crisis counselor. Available 24/7.

National Council for Mental Well-being Thenationalcouncil.org

Support in finding mental health and addiction treatment facilities in your community.

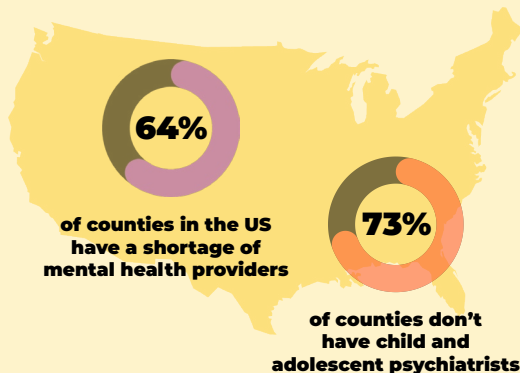
The Trevor Project Thetrevorproject.org 1-866-488-7386

The Trevor Project provides 24/7 crisis support service to LGBTQ+ youth. Text, chat, or call anytime to reach a trained counselor.

R U OKAY?

Mental health conversations can feel overwhelming. Remind your friends they don't have to do it alone.

Oftentimes conversations about mental health can feel daunting. And sometimes our friends and family will say they're fine, even when they're struggling. Help create safe spaces for your peers to talk about their mental health and remind them that you're in their corner—ready and willing to listen.



Source: McKinsey

NOWHERE TO RUN

A lack of access to mental health services makes it overwhelming to know what to do.

Gen Z is building a new system of mental health support made up of each other. Where providers, school, community, and even sometimes family fall short, your generation is building a movement to address the public mental health crisis.

GOOD OLE' FASHIONED LISTENING

Check out some of the ways you can be a support system for those you care about most when they are overwhelmed with sadness, anxiety, or stress.

Check in with friends and family (and really listen).

Even if things seem outwardly fine, you never know when someone is just waiting to be heard. Listen to what they have to say and what they need from you. Sometimes, they just need to vent, and other times they are looking for advice or support.

"To support a friend, I will show my love for them and listen to them with an open mind. Sincerity and empathy are very important. I will frequently check in with them and ask them if they are drinking enough water, going outside, etc... I will remind them to be kind to themselves."

—DOSOMETHING MEMBER,
SOPHIA, 18



"I can help my friends and family by checking upon them often by asking simple questions like: 'How are you doing right now?' or 'Did you eat today?...Also, I give the option to talk out their feelings with me or change the topic to something humorous if they would prefer.'"

—DOSOMETHING MEMBER,
KADIDIATOU, 17

Celebrate their wins.

When someone is struggling with their mental health, celebrating even the smallest of wins can make all the difference. Remind them they're not going through life alone by reaching out via text or call to celebrate.

Share resources and know when to advise professional help.

Know that you're not an expert in all things mental health, and it's okay to point your friends and family in the direction of professional support and resources.

Make time for them.

Find dedicated time to connect with your loved ones. Weekly, bi-weekly, or monthly hangouts give you something to look forward to and space to be heard if you need it.

Be mindful of your language.

Ask open-ended questions to allow others to express themselves in a comfortable setting. Need inspiration? Try any of the following:

Tell me how you've been feeling lately? What's been on your mind? You mentioned you've been feeling anxious, how can I help you? What can I do in supporting you in being the best version of yourself?



TEXT "MENTAL" TO 38383

to access more mental health resources to help you on your journey