Mental Health MATTERS

Four tips to practice wellness and self care:

Exercise



- Helps people feel happier
- Lowers stress and worry
- Allows better sleep
- Being active with others helps people feel less lonely
- Reaching goals can boost confidence

Nutrition



- Eat healthy fats like fish, nuts, and seeds
- Eat fruits and vegetables at each meal
- Choose protein foods like beef, chicken, fish, eggs, and beans
- Have milk, cheese, or yogurt each day
- Eat whole grains like oats and brown rice
- Drink water and limit caffeine

Sleep



- Get enough sleep to feel calm and happy
- Poor sleep can lead to feeling sad, worried, or angry
- Go to bed and wake up at the same time each day
- Good sleep gives energy for the next day
- To sleep better:
  - Avoid caffeine 6 hours before bed
  - Turn off screens 1–2 hours before bed
  - Do not eat right before bed
  - Keep bedroom dark
  - Avoid alcohol

Breastfeeding



- Helps you relax and feel calm
- Can lower stress and anxiety
- Helps moms and babies bond
- Skin-to-skin contact helps the body relax

Where to get help:

Crisis Services
Call 513.528.7283, Text 4HOPE to 741741
www.ccmhrb.org/crisis-services

988 Lifeline
Call 988, Text 988, or Chat chat.988lifeline.org
www.988lifeline.org

Greater Cincinnati Behavioral Health Services
1-513-354-5200
www.gcbhs.com

Charlie Health
1-866-959-1162
www.charliehealth.com

Beechacres
1-513-231-6630
www.beechacres.org

Child Focus
1-513-752-1555
www.child-focus.org

Postpartum Support International
Call 1-800-944-4773, Text Help to 800-944-4773
www.postpartum.net

NAMI Southwest Ohio
Call 1-800-950-6264, Text NAMI 741-741
https://namiswoh.org

Substance Abuse and Mental Health Services Administration
1-800-662-4357
www.samhsa.gov

United Way
Call 211
www.uwgc.org/find-help/united-way-211/

Sex Abuse Prevention and Awareness
www.stopitnow.com
1-888-773-8368

Clermont County Public Health
Prevent. Promote. Protect.

Ohio Department of Health
Women, Infants, and Children Program (WIC)

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