

# BEING HUMAN IS HARD



disconnect from the internet



get creative



stay hydrated

take a bubble bath



go outside



listen to your favorite music



## BE KIND TO YOURSELF

"I AM DOING MY BEST"

"I AM RIGHT WHERE I NEED TO BE."

"I AM WORTHY"

"I WILL NOT WORRY ABOUT THINGS I CANNOT CONTROL."

"I AM BRAVE, BOLD, AND BEAUTIFUL."

"I CHOOSE TO BE HAPPY AND LOVE MYSELF TODAY."

## RESOURCES FOR YOU

### Hotlines

### Professional Services

### Local Groups

1-800-273-8255

Suicide



1-800-799-7235

Domestic Violence



1-800-662-4357

SAMHSA



217-442-3200

Crosspoint



217-431-8825

Hope Counseling



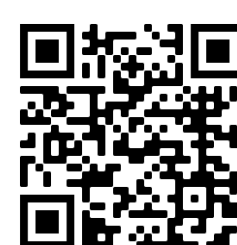
217-337-4310

OSF



217-651-6801

Two Roads Wellness



800-395-5755

Griefshare



Vermilion County Resource List



.com

Supportgroupscentral

