



# Talking Helps

*Reach out to others or call for free, confidential support 24/7*

**Stress, anxiety, and/or depression can impact all of us at different times in our lives. Here are some known strategies for helping yourself during difficult times:**

## TALK

Talking HELPS – whether it’s with family, friends, a doctor, or mental health provider – sharing concerns and stressful feelings can make a big difference. The BC crisis/support lines are confidential and are always open to listen and help you anytime, not just during a crisis.

## TAKE CARE

Physical exercise can increase brain chemicals that enhance our mood and reduce stress-related chemicals. Outdoor exercise such as a brisk walk, eating healthy food, and getting enough sleep can all provide an additional boost to mood and provide a calming effect.

## NOTICE THE POSITIVES

Focusing on positives in our lives during difficult times can improve our thinking, prevent overwhelming emotions, and help us recognize what is going well. Appreciating simple gifts such as loved ones, sunshine, a deep breath, or even a clear night sky can all be a source of comfort when we take time to appreciate them.

## HELP OTHERS

Reach out to others in need or help in your community. Shifting energy from stress and worry to helping others can help create a personal sense of purpose and inner calm.

**If you are having suicidal thoughts - there is hope - please reach out for help and call:  
1-800-SUICIDE / 1-800-784-2433**