

HOW ARE YOU FEELING TODAY?

- Simple mood tracker (happy/okay/sad/overwhelmed icons)
- "It's okay to not be okay. Take a moment to check in with yourself."
- **Center for Human Services:** (209) 526-1440, 2000 W. Briggsmore Ave, Suite 1, Modesto, CA 95350, www.centerforhumanservices.org (trauma-informed family counseling)
- **HopeNET Community Counseling EMDR:** 1030 California Ave, Modesto, CA 95354, hopenetcc.com/emdr (trauma-informed therapy and EMDR specialists)
- **Jessica's House Grief Support:** (209) 250-5395, 1225 W Christoffersen Pkwy, Turlock, CA 95382, www.jessicashouse.org (free ongoing peer support groups)
- **Help Is Hope Trauma & Grief Release for Relief:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (1-hour sessions available online)

TRAUMA & GRIEF SUPPORT



MENTAL STRENGTH & STABILITY



YOU ARE NOT ALONE
SUPPORT IS HERE

140 CALAVERAS AVE. MODESTO, CA
209-241-1625 HELPISHOPE.ORG

MENTAL HEALTH SERVICES

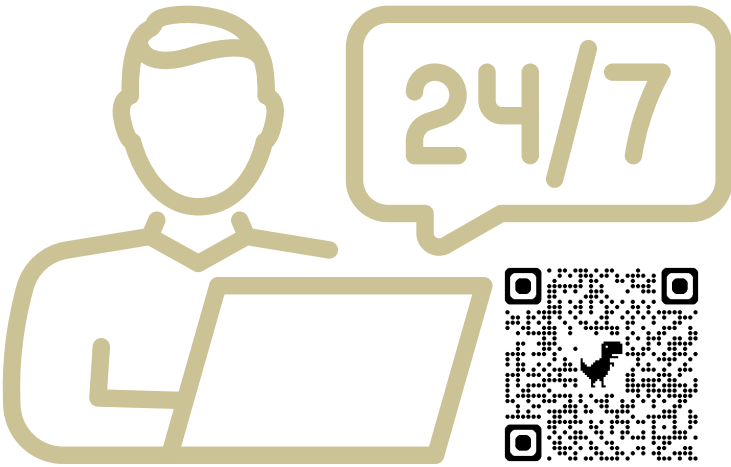


1. Help Is Hope Mindful Mental Wellness Session
2. Encouragement & Empowerment Exchange
3. Suffocating Stress to Supreme Serenity
4. Trauma & Grief, Release For Relief
5. Down or Depressed Support Session

(209) 241-1625, 140 Calaveras Ave, Modesto, CA (SESSIONS FREE)



- **24/7 Crisis Line - Stanislaus County BHRS:** 1-888-376-6246, available 24/7/365 with Spanish language capabilities
- **Mobile Crisis Team - Telecare:** 1-888-376-6246 (select option 4), rapid crisis support by mental health professionals, 24/7 response
- **988 Suicide & Crisis Lifeline:** Call or text 988, available 24/7, free and confidential nationwide support
- **Stanislaus County BHRS Wellness Recovery Center:** (209) 558-4598, 800 Scenic Drive, Building 4, Modesto, CA 95350, stancounty.com/bhrs



VIRTUAL PEER SUPPORT



Download the app



SCAN ME!



DEPRESSION SUPPORT

Seek professional help if you've had 2+ weeks of:

- **Help Is Hope Down or Depressed Support Session:** (209) 241-1625, 140 Calaveras Ave, Modesto, CA 95354, helpishope.org/services (45-minute sessions available online)
- **Warning Signs:** Changes in sleep patterns, appetite, energy levels, loss of interest in activities, persistent sadness
- **Treatment Options:** Therapy, medication, peer support, lifestyle changes available through local providers
- **NAMI Stanislaus Connection Support Group:** (209) 558-4555, 800 Scenic Drive, Building F, Room 7, Modesto, CA 95350, namistanislaus.org (Mondays 6:30-8:00 PM via Zoom)
- **Emergency Help:** Don't wait - call 988 or 1-888-376-6246 immediately if experiencing suicidal thoughts

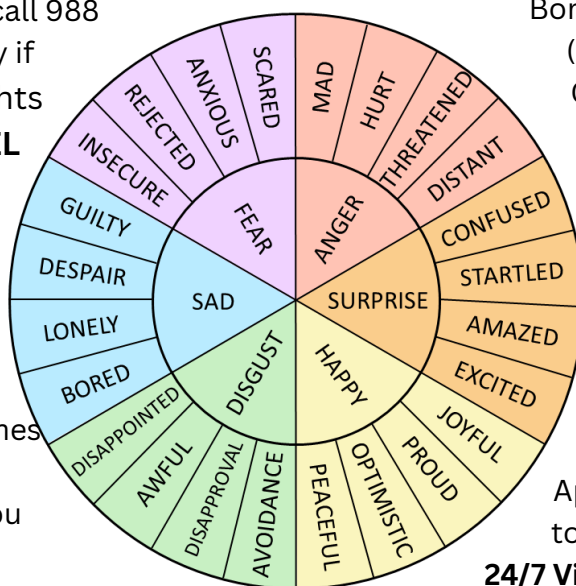
EMOTION WHEEL

- Use this wheel to identify your emotions: Start with the center then move outward.

EXERCISES

- **4-7-8 Breathing:** Inhale for 4, hold 7, exhale 8—repeat 3–4 times
- **Grounding (5-4-3-2-1):** Name 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste.
- **Mindfulness:** Focus on your breath or do a 2-minute body scan without judgment.
- **Movement:** Walk, stretch, or dance for 5–10 minutes to release tension.
- **Quick Reset:** Try square breathing (4-count inhale, hold, exhale, hold) or a brief hand massage when stress spikes.
- **Count Backwards:** Slowly count from 10 to 1, then back up - harder to worry when focusing on numbers.
- **Category Listing:** Name as many items as you can in categories like "animals," "movies," or "colors."
- **Positive Self-Talk:** Repeat "I am safe, I am calm, this feeling will pass."

"We're here for you right now, you're not alone, and we're going to get through this together."



WHEN IT'S TIME TO GET HELP

Seek professional help if you've had 2+ weeks of:

- **Feelings:** Very worried, afraid, sad, or down; big mood changes; tired or low energy
- **Thoughts:** About suicide (call 988 immediately); trouble focusing; obsessive thoughts
- **Body Changes:** Unexplained headaches/stomach aches; sleep or eating changes
- **Behavior:** Not taking care of yourself; problems at work/relationships; legal issues
- **Social:** Avoiding friends/family; trouble relating to others

Don't wait for a crisis - early help works better

YOU ARE NOT ALONE

Borderline Personality Disorder : 1.4%
(PTSD): 3.6% Bipolar Disorder: 2.8%
OCD: 1.2% Eating Disorders): 1.2%
Substance Use Disorders: 18.1%
Schizophrenia: 0.25–1%
Anxiety Disorders: 19.1%
Major Depression: 8.3%

MENTAL WELLNESS COMMUNITY

Help Is Hope App: Download from App Store/Google Play for self-care tools and resources, helpishope.org

24/7 Virtual Peer Support: Contact (209) 241-1625 for immediate peer support connection

- **California Warm Line:** (833) 317-HOPE (4673), 24/7 peer-run emotional support for all Californians
- **Visit:** helpishope.org/services for mental health first aid response and to talk to a certified peer support specialist with lived experience and trauma informed.

MENTAL HEALTH APPS

