

1. Believe in yourself
2. Know your rights
3. Decide what you want
4. Get the facts
5. Plan a strategy
6. Gather support / talk to a trusted adult
7. Target efforts
8. Express yourself clearly
9. Assert yourself clearly
10. Be firm and persistent



1. Believe in yourself
2. Know your rights
3. Decide what you want
4. Get the facts
5. Plan a strategy
6. Gather support / talk to a trusted adult
7. Target efforts
8. Express yourself clearly
9. Assert yourself clearly
10. Be firm and persistent



1. Believe in yourself
2. Know your rights
3. Decide what you want
4. Get the facts
5. Plan a strategy
6. Gather support / talk to a trusted adult
7. Target efforts
8. Express yourself clearly
9. Assert yourself clearly
10. Be firm and persistent



1. Change up your schedule
2. Try some visualization exercises
3. Set realistic goals for yourself
4. Limit your use of "should" statements
5. Get plenty of sleep
6. Eat balanced meals
7. Avoid mood altering substances
8. Exercise and get active
9. Do something you enjoy with people you enjoy
10. Be kind to yourself



1. Change up your schedule
2. Try some visualization exercises
3. Set realistic goals for yourself
4. Limit your use of "should" statements
5. Get plenty of sleep
6. Eat balanced meals
7. Avoid mood altering substances
8. Exercise and get active
9. Do something you enjoy with people you enjoy
10. Be kind to yourself



1. Change up your schedule
2. Try some visualization exercises
3. Set realistic goals for yourself
4. Limit your use of "should" statements
5. Get plenty of sleep
6. Eat balanced meals
7. Avoid mood altering substances
8. Exercise and get active
9. Do something you enjoy with people you enjoy
10. Be kind to yourself



 MN Recovery Connection
minnesotarecovery.org

MN MENTAL HEALTH RESOURCES

 MN Recovery Connection
minnesotarecovery.org

MN MENTAL HEALTH RESOURCES

 MN Recovery Connection
minnesotarecovery.org

MN MENTAL HEALTH RESOURCES

 Outfront MN
outfront.org



 Outfront MN
outfront.org



 Outfront MN
outfront.org




 Change to Chill
changetochill.org

 Change to Chill
changetochill.org

 Change to Chill
changetochill.org

 Face to Face
face2face.org

 Face to Face
face2face.org

 Face to Face
face2face.org

This document was created by young people for young people. For professional resources and information please visit <https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources/>

This document was created by young people for young people. For professional resources and information please visit <https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources/>

This document was created by young people for young people. For professional resources and information please visit <https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources/>



WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It impacts how we think, feel, and act. It also helps determine how we handle stress,

Mental health is important at every stage of life, from childhood to adolescence

and through adulthood.

Navigating mental health services and mental health support can be difficult.

Here is a short guide to help you along the way.

WHAT IS TRAUMA?

Trauma is a response to an event that a person finds highly stressful. Some things

that cause trauma include but are not limited to: living in a war zone, being

sexually assaulted, abuse, neglect, extreme poverty, and instances of

discrimination.

Initial reactions to trauma can include exhaustion, confusion, sadness, anxiety, agitation, numbness, dissociation, confusion, physical arousal, and blunted affect.

Trauma does not discriminate and it is pervasive throughout the world.

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It impacts how we think, feel, and act. It also helps determine how we handle stress,

Mental health is important at every stage of life, from childhood to adolescence

and through adulthood.

Navigating mental health services and mental health support can be difficult.

Here is a short guide to help you along the way.

WHAT IS TRAUMA?

Trauma is a response to an event that a person finds highly stressful. Some things

that cause trauma include but are not limited to: living in a war zone, being

sexually assaulted, abuse, neglect, extreme poverty, and instances of

discrimination.

Initial reactions to trauma can include exhaustion, confusion, sadness, anxiety, agitation, numbness, dissociation, confusion, physical arousal, and blunted affect.

Trauma does not discriminate and it is pervasive throughout the world.

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It impacts how we think, feel, and act. It also helps determine how we handle stress,

Mental health is important at every stage of life, from childhood to adolescence

and through adulthood.

Navigating mental health services and mental health support can be difficult.

Here is a short guide to help you along the way.

WHAT IS TRAUMA?

Trauma is a response to an event that a person finds highly stressful. Some things

that cause trauma include but are not limited to: living in a war zone, being

sexually assaulted, abuse, neglect, extreme poverty, and instances of

discrimination.

Initial reactions to trauma can include exhaustion, confusion, sadness, anxiety, agitation, numbness, dissociation, confusion, physical arousal, and blunted affect.

Trauma does not discriminate and it is pervasive throughout the world.

WHAT IS TRAUMA INFORMED CARE?

A trauma-informed approach to care acknowledges that providers need to have a complete picture of a patient's life situation, past and present, in order to provide effective health care services with a healing orientation.

- Realize the widespread impact of trauma and understand paths for recovery
- Recognize the signs and symptoms of trauma in patients, families, and staff
- Integrate knowledge about trauma into policies, procedures, and practices
- Actively avoid re-traumatization.

WHAT IS TRAUMA INFORMED CARE?

A trauma-informed approach to care acknowledges that providers need to have a complete picture of a patient's life situation, past and present, in order to provide effective health care services with a healing orientation.

- Realize the widespread impact of trauma and understand paths for recovery
- Recognize the signs and symptoms of trauma in patients, families, and staff
- Integrate knowledge about trauma into policies, procedures, and practices
- Actively avoid re-traumatization.

WHAT IS TRAUMA INFORMED CARE?

A trauma-informed approach to care acknowledges that providers need to have a complete picture of a patient's life situation, past and present, in order to provide effective health care services with a healing orientation.

- Realize the widespread impact of trauma and understand paths for recovery
- Recognize the signs and symptoms of trauma in patients, families, and staff
- Integrate knowledge about trauma into policies, procedures, and practices
- Actively avoid re-traumatization.