

boost
your
mood

During difficult times
remember to take care
of your mental health
and wellness.

#HealthyMindsPhilly
#mindPHL

Numbers to Know 24/7

988 or 215-685-6440

For mental health crisis

888-545-2600

For mental health and substance use services

Places to Go for behavioral health emergencies

Friends Hospital
4641 Roosevelt Blvd.
215-831-2600

Hall Mercer
234 S. Eighth St.
215-829-5433

Children's Crisis Response Center
3300 Henry Ave., Falls Center 2, Suite 3N
215-878-2600

Einstein Medical Center
5501 Old York Road
215-951-8300

Episcopal Hospital
100 E. Lehigh Ave.
215-707-2577

NET Centers (Substance Use Treatment)
1007 W. Lehigh Ave.
215-408-4987

Websites to Visit

For 24/7 online behavioral health screenings, Mental Health First Aid trainings, events, and resources, visit

HealthyMindsPhilly.org

To find mental health and substance use services and providers for Medicaid recipients online, visit

CBHPhilly.org



For more resources, use your cell phone camera to scan the QR code or visit

DBHIDS.ORG/BOOST

**wellness • behavioral health • intellectual disability
early intervention • community supports**

We take an active role in promoting the health and wellness of all Philadelphians through our population health approach. By empowering the entire community to take charge of their health, DBHIDS helps to create a Philadelphia in which every resident can thrive.

City of Philadelphia
DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL DISABILITY SERVICES

boost your mood

Tips to improve your mood during difficult times.

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#mindPHL

Get Support

Basic help can make a big difference.



- Ask for a hand with pressing tasks if you're overextended.
- Get emotional support. Sharing your frustrations or venting can release tension and help you move on.
- Consider professional help if you need it.

Youth Wellness

Children of all ages want to know: Am I safe? Are my caregivers safe? How will this affect my daily life?



- Talk with kids about events; listen for fears and address concerns. If you notice a change in behavior (excessive worry or sadness, unhealthy eating or sleeping, or trouble concentrating) contact a pediatrician or mental health specialist for assistance.

Caregiver Wellness

Caregivers should take care of themselves mentally and physically.



- Eat healthy meals, exercise regularly, and get enough sleep.
- Find ways to relax and take breaks. Five-minute breaks reduce stress.
- Find support from people who understand. You can join a support group or talk with friends and family who are also caregivers.

Community Wellness

Recent events have deeply impacted the wellbeing of Philadelphia communities.



- You are not alone!
- The community becomes the safety net in tough times. Check on neighbors, family, and friends who may need support.
- For support to help cope with community trauma, email NetworkOfNeighbors@phila.gov.

For more tips and resources for individuals, children, young adults, families, and communities, visit [DBHIDS.ORG/BOOST](https://www.dbhids.org/boost)

Sources: CDC, HealthyChildren.org, and Mhanational.org