Dear Valued Member of Our Community:

We know that it can be hard to prioritize self-care, but in these challenging and uncertain times we think it is essential. If you would like to connect with support and explore resources, contact NAMI NH at 1-800-242-6264 or visit our website at www.NAMINH.org.

With gratitude,
The NAMI NH Team
Self-Care Routine

Mind:

Body:

Soul:
Self To Do List:

- Get Outside
- Exercise
- Sleep
- Stay Connected
Practice Gratitude

Self-Love

BUBBLES

~ Light some candles
~ Be kind to yourself
~ Check in w/family & friends
~ Be direct w/your comfort
Feed your Mind, Body, and Soul!

Nutrition is a big part of self-care... think rainbow when feeding your body.
TREAT YOURSELF TO FLOWERS
GET CREATIVE by illustrating your favorite way to practice self-care and send it to #MentalHealthForAllNH
NAMI New Hampshire:
A grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide.
Learn more at www.NAMINH.org

NAMI New Hampshire Info. & Resource Line:
To connect with resources and supports in the Granite State, contact info@NAMINH.org or 1-800-242-6264 (press 4) to leave a confidential message. A member of the NAMI NH team will return your call within 24 hours.

National Suicide Prevention Lifeline:
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved one, and best practices for professionals.
Call 1-800-273-8255 or text NAMI to 741741 to access the Crisis Text Line.
For additional crisis support & resources, visit https://www.NAMINH.org/resources-2/crisislines/.

Connect Suicide Prevention Training:
Training professionals and communities in suicide prevention and response.
https://theconnectprogram.org/

Find Help, Find Hope.

SAVE THE DATE: NAMI NH Virtual Annual Meeting
June 17th at 5:30pm