

# MENTAL HEALTH

During Summer Break



## Counseling Services:

MEBS 859-836-2573

North Key: 859-331-3292

Family Care Counseling:

859-261-0086

## App Suggestion:



- Improve Sleep
- Quality
- Reduce Stress
- Improve Focus
- Meditation

## Coping Skills List:

- Deep breathing
- Play with pet
- Exercise
- Journaling
- Call a friend
- Do Yoga
- Create art
- Practice an instrument

## Crisis Resources

- 911
- Suicide Hotline:
  - 1-800-273-8255
- Crisis Text line:
  - 741741
- Sun Behavioral:
  - 859-340-8974
- North Key Crisis:
  - 859-331-3292