

## How is mental health injury prevention?

Mental health is important at every age. Our mental health impacts how we handle stress, form and maintain relationships, and make healthy choices. Poor mental health can also impact our physical health, and may increase a person's likelihood of substance use disorder and suicide. Many of us will experience poor mental health at some point in our lives, but the good news is that help is available, and knowing about how to care for your mental health can be beneficial for everyone.

**Need support now?  
Help is available.**

**988** SUICIDE & CRISIS  
LIFELINE

People can call or text [988](tel:988) or chat [988lifeline.org](https://988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotion distress



## About Injury Prevention

Kitsap Public Health's Injury Prevention program coordinates with local organizations and the community to promote safety and prevent injuries in our county.

Our priority areas of focus are: mental health; infant, toddler, and preschooler safety; staying safe while recreating outdoors; and TBI/concussion prevention.



### More information



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**Injury Prevention**  
Focus on mental health and  
wellbeing



**Contact Us**  
[cdp@kitsappublichealth.org](mailto:cdp@kitsappublichealth.org)

## Early warning signs of emotional distress

- **Sleep or appetite changes** — Dramatic sleep and appetite changes or decline in personal care.
- **Mood changes** — Rapid or dramatic shifts in emotions or depressed feelings, greater irritability.
- **Withdrawal** — Recent social withdrawal and loss of interest in activities previously enjoyed.
- **Drop in functioning** — An unusual drop in functioning, at school, work or social activities, such as quitting sports, failing in school or difficulty performing familiar tasks.
- **Problems thinking** — Problems with concentration, memory or logical thought and speech that are hard to explain.
- **Changes in school or work** — Increased absenteeism, worsening performance, difficulties in relationships with peers and coworkers.

*If several of the signs above are occurring, it may be useful to follow up with a mental health professional.*



## Self-care and resilience

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.

Here are some tips to help you get started with self-care:

- **Get regular exercise.** Move your body in a way that feels good to you. This can include walking, biking, running, swimming, or even gardening or dancing!
- **Eat healthy, regular meals and stay hydrated.** Drinking enough water and having a healthy diet can boost focus and energy.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- **Reach out.** Friends, family, and coworkers can help provide connection and emotional support.



Scan the QR code to learn more about how to be your healthiest self.

## Social media safety and literacy



Overuse of media can put children and teens at risk of:

- Not enough sleep
- Delays in learning and social skills
- Cyberbullying
- Depression, anxiety, and feelings of loneliness



Parents can help children learn healthy media habits by encouraging screen-free family time, educating about protecting your privacy online, and using safety filters. Be a good role model by limiting your own media use.