



TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

A monthly virtual helping tool.

Get ideas for coping and learn about helping resources.

FALL 2020: Focus on Basic Needs Resources.

Sponsored by ARCC Counseling Services

For appointments click [here](#) or call 763-433-1100

Fall 2020 Issue #3: November

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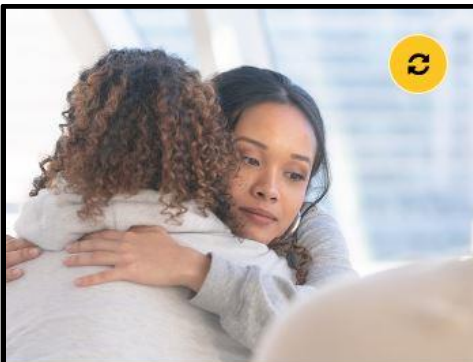
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Positive News Corner



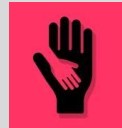
Want to see what Recovery looks like in Action?

Read and watch [Rosemary's inspiring story](#) of recovery with her experience living with a mental illness. The short video offers genuine hope and is packed with good suggestions for healing and help. Rosemary shares her struggles, triumphs, hopes for the future, and tips for how she is coping during COVID-19. 



MENTAL HEALTH RESOURCES

APP HIGHLIGHT



What's Up? - A Mental Health App to help you identify and change thinking patterns, get grounded, put troubles in perspective and many other tools for coping. This app is very user friendly and is based on proven therapeutic techniques.

Quick Tip:

Unsure if you need help?

ARCC offers a free, anonymous mental health screening tool which is a quick way to see if you or someone you care about should connect with a mental health professional. Check it out [here](#).

45%

Of Anoka-Ramsey students report being diagnosed with a mental health condition in their lifetime. This is consistent with students across the country. Depression and anxiety are most common.

RESOURCE SPOTLIGHT

Seize the Awkward

Talking about mental health can be uncomfortable, but it can also make a big difference. If a friend or family member is exhibiting any of these behaviors, it might be a sign that they have a mental health issue:

- Impulsive behaviors or being more irritated than usual
- Not functioning like their usual selves (changes in habits like sleeping, eating, studying)
- Talking about feelings of loneliness or expressing a lack of hope
- Excessive worry
- Trouble concentrating
- Substance misuse
- Spending more time alone
- Talking about hurting themselves
- Taking more risks
- Seems preoccupied a lot

Hey, are you okay?
You don't seem like
yourself lately.

The [Seize the Awkward website](#) shares great tips for how to start a conversation about mental health, including what to say during and after the conversation.

PLUS – listen to some great video [stories about mental health](#) from famous people like Billie Eilish, Amine, Noah Cyrus and MORE!

Suicide Prevention Lifeline: 800-273-8255

Minnesota Texting Crisis Line: Text "MN" to 741741

SAMHSA Substance Abuse Hotline Help: 1-800-662-HELP (4357)

SEIZE THE AWKWARD



Event: NAMI Guest Speaker!

Creating Caring Communities in Minnesota

Check your email for flyer and details. Please join us.

Date: Tuesday, November 17

Time: 1:00 PM

Zoom Link: Click [HERE](#) to Register!