

BRONX 12 “ASK THE BP” SHOW – HEALTH TIP

MAY is MENTAL HEALTH AWARENESS MONTH

Text “WELL” to 65173 · NYC Well is confidential and free 24/7 ...

Call 1-888-NYC-WELL · (1-888-692-9355)

- **Life has been challenging in the Pandemic**
- **You may not be aware of anxiety, depression**
- **People of color are least likely to seek help**
- **Physical and mental Self-care are essential to living your best life possible!**



One in five New Yorkers suffer from a mental health problem or substance use disorder, and too many go untreated. Both are treatable, so connect to free confidential care.

NYC Well is an easy starting point for New Yorkers to find mental health and substance use support. NYC Well could help:

- Worried about the negative impact drugs or alcohol are having.
- Feeling stressed, overwhelmed and struggling with daily activities.
- Looking for mental health or substance use providers in your area.
- Having thoughts about hurting or killing yourself.
- Concerned about changes in the behavior of someone you care about.

Get connected with counselors and therapists in your community and feel better now!

<https://www1.nyc.gov/assets/doh/downloads/pdf/mh/nycwell-brochure.pdf>