## PROVIDE EASILY ACCESSIBLE PATHWAYS TO MENTAL HEALTH AND SUBSTANCE USE DISORDER SERVICES THROUGH INCREASED MEMBER AWARENESS MAINTAIN YOU CAN GOOD MENTAL RECOVER AND/OR WORK MANAGE YOUR CONDITION FROM HEALTH SUCCESSFULLY HOME MY WELL-BEING MATTERS CLINICAL TOO. I'M JOINING THE CITY-WIDE SUPPORT CAREGINER SUPPORT GROUP I EXERCISE REGULARLY THIS IS + PRACTICE SELF CARE RECOVERY A SAFE SPACE WHERE WE CAN WELL-BEING GET SUPPORT AFFINITY CAREGIVER GROUPS SUPPORT SPECIAL TRAINING + STRESS DEVELOPMENT EBURNOUT DEPRESSION SUBSTANCE ANXIETY MINDFULNESS EMPLOYEE ABUSE STRESS **ASSISTANCE** SHOULD I FIRST AID SELF **PROGRAM**(EAP) WAIT TO WHAT TYPE OF CARE MENTAL HEALTH GET HELP? DON'T WAIT SUPPORT DO FIRST AID BE PROACTIVE I NEED? I'LL START WITH A MENTAL HEALTH SELF-ASSESSMENT ONLINE INDIVIDUAL + COUPLES COUNSELING PEER OUR B ORGANIZATIONAL SUPPORT FOCUS COUNSELING AREA SELF WORKSHOPS+TRAININGS assessment CRITICAL INCIDENT MENTAL MY HEALTH PLAN DEBRIEFING HEALTH+ HAS FREE SELF-HELP WELL-BEING ADVOCACY + SUPPORT TOOLS/APPS FOR FIND YOUR OWN PATH TO WELL BEING SELF HELP MENTAL HEALTH SUPPORT LET'S MAP

SFHSS recognizes that Race and the Social Determinants of Health (SDoH) – conditions in which people are born, live, learn, work, play, worship, and age – play a significant role in well-being

THE JOURNEY!