

Outpatient Behavioral Health Clinic 1621 Sassafras Street Erie, PA 16502 (814)-871-4725 www.bbhi.org

**Week
One**

Take steps to feel your best: follow a healthy diet; get enough sleep; surround yourself with positive people; set realistic goals; avoid alcohol and other drugs. Seek professional help if negative feelings are getting in the way of living a positive life.

**Week
Two**

Childhood depression is a common but serious mood disorder. Seek help for symptoms such as persistent sadness, anxiety, irritability or anger, social withdrawal, loss of interest in activities, decreased energy, changes in appetite, weight or sleep patterns, and thoughts of death or suicide.

**Week
Three**

Anxiety is a normal reaction to stress. Practice these techniques to help: Deep breathing techniques or controlled breathing; counting slowly while relaxing; progressive muscle relaxation- focus on one muscle group at a time, tighten the muscles and then relax.

**Week
Four**

Traumatic experiences in childhood are associated with many health, social and behavioral problems later in life, including substance abuse. Seek treatment for trauma, grief or abuse to start the recovery process.

**Week
Five**

Fight the stigma! Don't let the fear of being "labeled" get in your way of feeling better. Don't isolate yourself or equate you with your illness. Join a support group. Get help at school. Speak out against stigma.
