

# Manage Your Mental Health

## Checking In With Your Mental Health

It's vital to check in with yourself and your mental health. **Mental health** is the state of your mind, feelings, and thinking. This can impact many areas of your life, such as your body, your relationships, and your focus at work or school.

Check your mental health by asking yourself some of the questions below.



Check the boxes that best match your feelings over the past 2 weeks.

In the past 2 weeks (14 days) how often have you:	No days	A few days	More than a week (7 days)	Every Day
Felt sad, "down," or low?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt more tired than usual, or have less energy in the day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt upset or annoyed at small things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not felt hungry or ate too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt worried you might hurt yourself or like you wanted to die?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had trouble enjoying things that used to be fun?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt like you have no one to talk to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt worthless or hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had a hard time sleeping or slept too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt worried or scared that something bad might happen?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not been able to stop or control worrying?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt nervous, anxious, or on edge?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You can use the checklist to help you talk with your provider, help line, support group, or loved ones. If you marked "every day" for any of these thoughts or feelings, it may be time to get support for your mental health.

If you have questions, please call Customer Service at **1(415) 547-7800** or for SFHP Care Plus (HMO D-SNP) at **1(833) 530-7327** or **711** (TTY).

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## There Are Many Ways You Can Get Support

**Speak with your primary care provider (PCP).** A PCP is your main doctor or healthcare provider who helps you stay healthy and handles your care. Your PCP can help you get any support you need and refer you to a mental health therapist or psychiatrist.

### Talk with a specialist through our partner Carelon Behavioral

**Health.** Carelon offers mild-to-moderate mental health care for all Medi-Cal and SFHP Care Plus (HMO D-SNP) members. You can search for a specialist at [carelonbehavioralhealth.com](http://carelonbehavioralhealth.com) or call toll-free at **1(855) 371-8117**.

  You can **call, text, or chat online with the 988 Suicide and Crisis Lifeline** if you are having thoughts of hurting yourself or others. Learn more at [988lifeline.org](http://988lifeline.org).



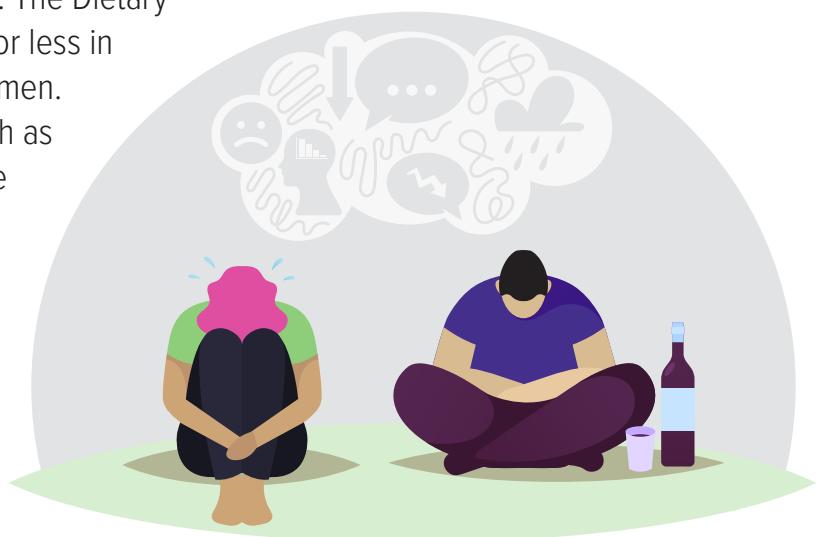
## What Is Your Relationship With Drinking Alcohol?

Some people may use alcohol to cope with stress. We want to be careful of how often we drink alcohol. Too much can lead to addiction that may impact your body and mind.

Alcohol may make you feel relaxed in the moment, but over time, can lead to issues with your relationships, health, and life. The Dietary Guidelines for Americans suggest only 2 drinks or less in a day for men and 1 drink or less in a day for women.

Some people should not drink alcohol at all, such as people who are pregnant or planning to become pregnant, or people under the age of 21.

Care for specialty mental health conditions, alcohol, or drug abuse are offered by San Francisco Behavioral Health Services (SFBHS). Visit [sfdph.org](http://sfdph.org) or call SFBHS at **1(888) 246-3333**.



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## Try These Tips to Manage Stress or Anxiety



### Talk and share with your loved ones

Talking to friends and family during times of stress or anxiety can be vital for many reasons:

- **Emotional support:** They can provide a safe space to share feelings, be heard, and affirm what you are going through, which can help you feel better.
- **Improve mood and outlook:** They can help reduce feeling lonely and depressed.
- **Stress relief:** Being in each other's presence or talking on the phone can lower stress and make you feel relaxed.
- **Practical support:** Friends and family can help with daily tasks like cooking or cleaning which can reduce stress.

### Practice gratitude and mindfulness

- Research has shown that **giving thanks** for the things in your life has been shown to help your mind. Try starting each day with naming or writing 3 things you are grateful for.
- Try the **box breathing** technique:
  - Find a quiet space and sit relaxed, with your back supported and feet flat on the floor.
  - Inhale for 4 seconds. Breathe in deeply through your nose until your lungs feel full.
  - Hold for 4 seconds. Hold your breath while staying relaxed.
  - Exhale for 4 seconds. Slowly release the air through your mouth.
  - Hold again for 4 seconds. Pause before starting again.
  - Repeat the process for a few minutes to relax and focus.
- You can find more **free mindfulness guides** on YouTube. Try search terms such as "Body Scan Meditation" or "5 Senses Exercise."



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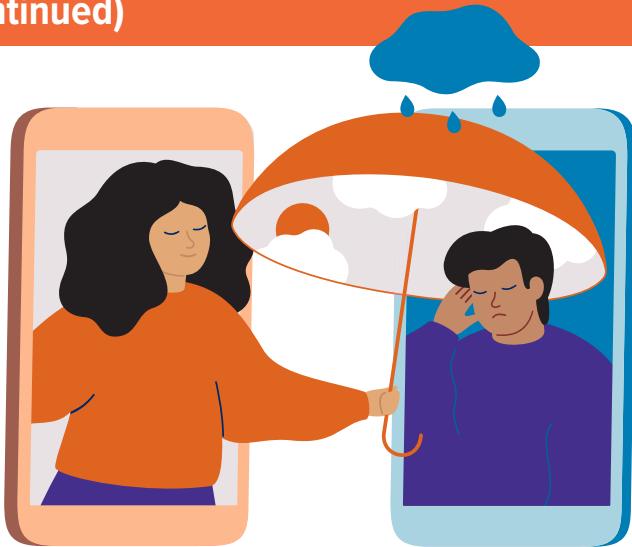
## Try These Tips to Manage Stress or Anxiety (continued)

### Call a free help line

You can call or text the **California Peer-Run Warm Line** 24 hours a day, 7 days a week. They help with stress, anxiety, pain, depression, finances, relationships, alcohol/drug use, and more. This is not for emergencies. Call or text **1(855) 600-9276** to speak with someone. Learn more at [mentalhealthsf.org/warm-line](http://mentalhealthsf.org/warm-line).

 **San Francisco Suicide Prevention** from the Felton Institute provides 24/7 emotional support at **1(415) 781-0500** for those who are thinking about suicide or are concerned about someone else.

Don't forget, you can also call Carelon Behavioral Health, **988**, or San Francisco Behavioral Health Services at no cost.



### Take care of yourself

- Eating healthy and getting enough sleep can help you feel better even during times of stress or anxiety
- Moving often and sweating can also help release stress

 • Learn more and get tips with our fact sheets on **Eating Healthy** and **Moving More**

### Get Help on the Go!



California offers apps to help youth get support. These apps are offered at no cost to you.



- If you are 0 to 12 years of age, you can download **BrightLife Kids**



- If you are 13 to 25 years of age, you can download **Soluna**

These apps can:

- Offer free 1:1 coaching with experts
- Give you tips to help you manage your feelings
- Connect you to local organizations
- Connect you to peer groups to talk about what's on your mind with others
- Guide you during a crisis

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## Your Care Is Private and at No Cost



Remember, with SFHP, mental health care is a sensitive health service. This means if you are under age 18, you can get these services without a parent's or guardian's permission. You do not need pre-approval (prior authorization). Below are some examples of sensitive health services:

- Sexual assault services, including outpatient mental health
- Pregnancy and family planning
- Birth control
- Abortion services

If you are 12 years or older, you may get these services without parent consent:

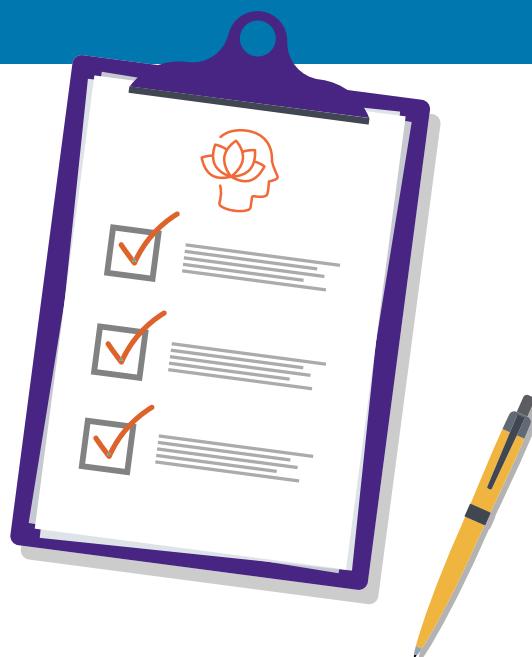
- Outpatient mental health services for:
  - Sexual assault
  - Physical Assault
  - Child Abuse
  - Thoughts of hurting yourself or others
- HIV and other sexually transmitted infection screenings and treatment
- Substance use disorder treatment

## Taking Steps Towards Better Mental Health

Taking care of your mental health is important, especially when you feel stressed or anxious. Remember, you are not alone, and there are many ways to get support:

- You can talk to friends or family about how you feel, which can help lighten your load
- Check in with your PCP, counselor, and behavioral health specialists (therapists and psychiatrists) if you need more help
- Try practicing mindfulness or gratitude each day to boost your mood

Take steps to manage your feelings and reach out for support when you need it. Your mental health matters and taking steps today can lead to a brighter tomorrow!



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