

MENTAL
WELL-
BEING
MATTERS



Sleep is essential for mental well-being.

Do what you can to get enough rest. Work with your primary care provider to resolve any sleep issues you may have. Practice good sleep steps - such as avoiding caffeine late in the day, exercise, and keeping a regular sleep schedule. Check out this sleep toolkit for more tips.

<https://crowwingenergized.org/wp-lib/wp-content/uploads/2018/09/CWESleepGuide.pdf>

ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at health.state.mn.us/people/mentalhealth.html
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:** 1-800-273-8255

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