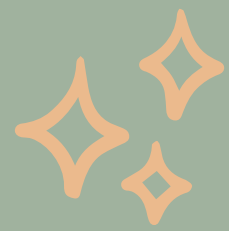


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Neshoba Outpatient Behavioral Health



SUPPORTING OUR COMMUNITY: STRESS, GRIEF, AND CARING FOR ONE ANOTHER

April is Stress Awareness Month, a time that encourages us to pause and care for our mental and emotional well-being. This year, it also comes at a time when many in our community may be feeling the weight of recent loss.

REMINDERS: GENTLE WAYS TO CARE FOR YOURSELF

Focus on Supportive steps:

- Stay connected with trusted friends or family
- Limit overexposure to social media or distressing details
- Maintain simple daily routines
- Allow space for your emotions without judgment
- Spend time in calming environments when possible

WHEN EXTRA SUPPORT MAY BE NEEDED

- Persistent sadness or anxiety
- Significant changes in behavior or functioning
- Expressions of hopelessness
- Difficulty coping with daily responsibilities

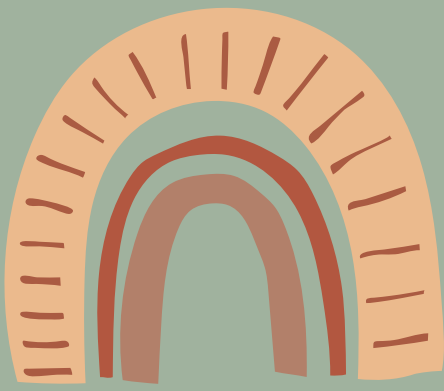
UNDERSTANDING STRESS & EMOTIONAL IMPACT

Stress can show up in different ways:

- Trouble sleeping or changes in appetite
- Difficulty concentrating
- Feeling on edge, overwhelmed, or emotionally shut down
- Increased worry about loved ones

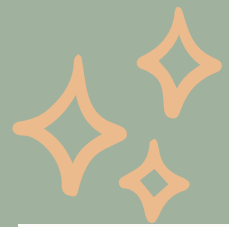
If someone is in immediate distress or talking about harming themselves, please seek urgent help by calling or texting 988, or going to the nearest emergency room.





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SUPPORT AND RESOURCES:

 Phone 601-663-1213

 rrobertson@neshobageneral.com

 Neshoba Medical Pavilion

To Begin:

1. Contact our front desk for appointment details
2. Appointments are typically available within a short time frame.

Reminder: You don't have to wait until you're completely overwhelmed to take care of your mental health.

Neshoba Behavioral Health is here as a supportive resource for individuals and families navigating stress, grief, and emotional challenges. If you need guidance or would like to connect, please reach out.

Warm Regards,
Rachel Robertson, LCSW
Neshoba Outpatient
Behavioral Health

