



Local & online support for your well-being

9 health resources to explore

1. **Community gardens.** Check out CommunityGarden.org to see if your community offers individual garden plots in a community setting.
2. **Farmers markets.** Buy fresh fruit and vegetables and other local products directly from a local farmer.
3. **Free and low-cost fitness classes.** Contact your local Parks and Recreation Department, YMCA, or even a local hospital to learn about classes in your area. Also check out walking/biking paths and playgrounds in your area.
4. **Community and senior centers.** Community centers are a great place for the whole family to have fun. Senior centers offer a wealth of social activities for those age 50 and older, such as dancing, art and music lessons, and volunteer opportunities.
5. **Emergency preparedness.** Check with your local municipality to learn about your local risks and how to stay safe. Visit Ready.gov.
6. **Suicide prevention & mental health support.** The Substance Abuse and Mental Health Services Administration (SAMHSA) is available to anyone seeking help for emotional distress, suicidal thoughts, substance abuse, coping with disasters, and more. Visit SAMHSA.gov, or call/text the national helpline: 988.
7. **Veterans Crisis Line.** Responders are ready to help veterans of all ages and all circumstances—toll-free. Dial 988 and press 1 or text to 838255. Visit VeteransCrisisLine.net for more information.
8. **Addiction and recovery.** Your city, county, or state office can direct you to local treatment or ongoing support. Additional help: SmartRecovery.org, Alcoholics Anonymous (AA.org), and Narcotics Anonymous (NA.org).
9. **Tobacco cessation.** Call 800-QUIT-NOW to learn about support in your area.

Call **211** for free and confidential information about resources in your community (available 24/7).



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