



# Feel-Good Friday

*Participation in mental health therapy may help you think better, feel better, and behave better.*

## How Can Mental Health Providers Help?

**Mental Health Providers Are Trained to Help People:**

1. Problem-solve and move forward when feeling stuck.
2. Identify and accept emotions.
3. Communicate thoughts and feelings in healthy ways.
4. Develop and connect in relationships with family and friends.
5. Learn and use calming skills.
6. Improve focus and attention.
7. Gain insight into themselves.
8. Grieve losses.
9. Heal from traumatic experiences.
10. Improve daily functioning at home, in school, at work, and in the community.

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org).