

Board Member

Your mental health is important. The Board of Vocational Nursing and Psychiatric Technicians wants you, our licensees to know we care, and we recognize the mental health challenges some may be facing now. We want you to know what you may be feeling is real and there is help.

Board Member (licensee member)

Mental health conditions don't discriminate. Anxiety, sadness, distress, losing sleep and your appetite, changes in behavior or thoughts can feel scary, confusing, and worrisome. These are common but most importantly are treatable, and help is available.

Licensee

(Discusses their struggle with mental health)

Board Member (licensee member)

Let's be compassionate to those struggling with mental health within our profession and communities. It's okay to ask for help for yourself or someone you may know. Together let's stop the stigma.

Board Member

The National Suicide Prevention Lifeline is available 24 hours day, seven days a week. You can call 1-800-273-TALK (8255). This resource is also available in Spanish at 1-888-628-9454.

You can also use the Crisis Text hotline 24/7. Just text "Hello" to 741741. Most importantly, if you or someone you know is in immediate danger, call 911.