

SELF-HELP WORKSHEETS

- Communication skills
- Codependency
- Problem-solving
- Depression
- Anxiety
- Anger
- Impulsive/destructive behavior
- Antisocial behavior
- Attention deficit disorder
- Childhood trauma
- Chronic pain
- Eating disorders & obesity
- Family conflict
- Financial stress
- Grief/loss
- Dealing with medical issues
- Obsessive-compulsive disorder
- Parenting
- Post-traumatic stress disorder
- Self-esteem
- Sexual identity confusion
- Sleep disturbance
- Stress management
- Toxic relationships

If you have questions about other topics, kite MHS!

“Everything can be taken from a man but...the last of the human freedoms– to choose one’s attitude in any given set of circumstances.”
-Viktor Frankl

“Your life does not get better by chance, It gets better by change.”
-Jim Rohn



600-BR006 (R 4/2/2021)

WCC Mental Health



Evergreen, Cedar

Mental Health (MH) Services Available



- **Mental Health Groups (examples)**
 - Thinking Errors
 - Mindfulness
 - Overcoming Depression
- **Individual Therapy**
- **Self-Help Worksheets (see list)**

Kite Mental Health Services (MHS) if you are having mental health symptoms. MHS are offered on an as-needed basis, based on evaluation and clinical need.

If you are having a mental health crisis or are feeling suicidal, please tell Staff immediately!

Do you need something?

If you did not report mental health symptoms at Receiving and are having symptoms, or wish to report a history of mental health symptoms

Kite MHS

NOTE: If you told MHS about symptoms on arrival, you will be scheduled.

If you need to talk about your psychiatric medications

Kite Psychiatry

If you need to talk with someone about grief/ a death in the family

Kite Chaplain

If you need to discuss medical issues or medication

Kite Infirmary

If you are unhappy with your housing

Let your unit Staff know

If you need clothes or other personal care items

Discuss with your unit Staff

If you want to know about your Classification or transferring to your parent institution,

Kite your Classification Counselor

Healthy Coping Skills

- Attend yard/ exercise
- Journal
- Read
- Eat three regular meals a day and include fruit and vegetables. Avoid high sugar foods
- Drink plenty of water
- Try writing about your worry, but make the ending positive. Write about how you can solve the problem, relax, start feeling better, or handle the situation.
- Learn to breathe deeply. Start by breathing in through your nose for 4 seconds, hold for 4 seconds, then breathe out through your mouth for 4 seconds and hold for 4 seconds. Do this 10 times.
- Imagine a place where you feel calm and peaceful. This might be a mountain lake, a cozy cabin, or a sunny beach— wherever you feel calm, comfortable, and happy. Imagine what this place looks, sounds, and feels like. Imagine how good you feel when you are there.
- Consider learning meditation or yoga
- Consider learning something new while you are incarcerated.