

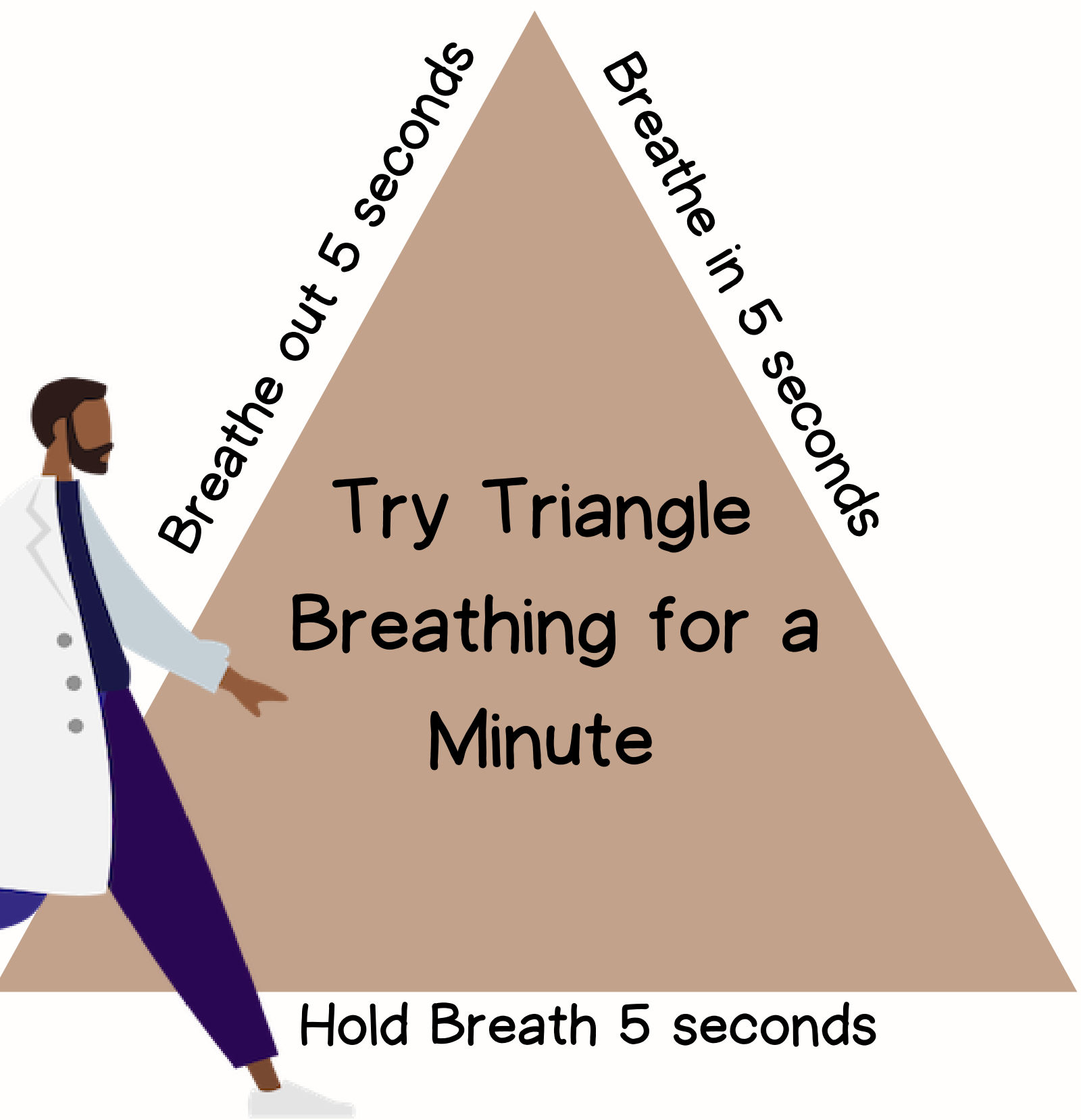
# GATHER AROUND

DEMYSTIFYING PSYCHOSIS  
IN THE BLACK COMMUNITY



## TAKE 5

Pause and reflect on your well-being.  
Breathe.



CRISIS LINE

Call 988



LET US HELP YOU GET CONNECTED



**Navigator**

[www.fpnavigator.org](http://www.fpnavigator.org)



Breathing exercises are simple things  
you can do reduce anxiety and  
stress.

You can do them while you are in the  
shower

You can do them right before you go to  
sleep

You can do them when you get in and out  
the car each day



If you or someone you know is experiencing  
a mental health concern, let us help you get  
connected to the right services.

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