



Bella Mente Academies

Mental Health Awareness and Resources [A1.1][A2.1]

Available[A3.1] on Campus:

Please contact a Charter School counselor at 760-621-8948. Our Counselor is available during school hours if you or someone you know is experiencing a mental health issue.

Available in the Community[A5.1]:

- Tri-City Medical Center Outpatient Behavioral Health Services – Provides outpatient mental health services, counseling, psychiatric care, and support for children, adolescents, and adults. Phone: (760) 940-5050.
- North County Lifeline – Mental health counseling and family support services for youth and families. Phone: (760) 842-6214 [Website](#)
- Vista Community Clinic Behavioral Health – Provides behavioral health counseling, therapy, and integrated medical and mental health services for children, adolescents, and families. Call (844) 308-5003. [Website](#)
- County of San Diego Access & Crisis Line – Available 24 hours a day for confidential mental health and substance use support, referrals, and crisis assistance. Call (888) 724-7240. [Additional Information](#)

Available Nationally:

- National Suicide Prevention Hotline - Call 988 or 1-800-273-8255.
- The Trevor Project - provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. 1-866-488-7386 or <https://www.thetrevorproject.org/>.
- Big Brothers/Big Sisters of America – a community-based mentorship program. Call 1-813 720-8778 or <https://www.bbbs.org>

Common Behaviors and Signs of a Mental Health Issue[A6.1]

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|---------------------|-----------------------------|--|------------------------------|
| ➤ Anxiety | ➤ Changes in eating habits | ➤ Avoiding friends and social activities | ➤ Multiple physical ailments |
| ➤ Feeling depressed | ➤ Excessive worrying & fear | ➤ Prolonged feelings of anger and irritability | ➤ Extreme mood changes |

Positive Coping Strategies to Use

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| ➤ Mindful meditation | ➤ Exercising/Yoga | ➤ Breathing exercises | ➤ Journaling or engaging in a hobby |
| ➤ Practicing self-care | ➤ Getting outside and enjoying nature | ➤ Staying connected through support groups or volunteering | ➤ Asking for help from friends, family, or a professional |



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Negative Coping Strategies to Avoid

- Compulsivity
- Disassociation
- Catastrophizing
- Self-harm
- Avoiding emotions
- Over or under eating
- Impulsive or risky behaviors
- Doomscrolling (scrolling social media even if it brings up difficult emotions)
- Isolating from friends and family
- Violence and abuse
- Substance abuse or self-medicating

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