

Your Mental Health is as Important as Your Physical Health

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.



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SIGNS TO WATCH OUT FOR

- Are you feeling sad, lonely, anxious or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better?
- Do you harm yourself?
- Do you just want to be alone?

MENTAL HEALTH RESOURCES

School Counselor:

Ms. Lucy

School Wellness Center:

Room 103

School Peer Counselor:

Crisis Text Line:

Text "TALK" to 741741

Suicide & Crisis Lifeline:

988

Friendships & Mental Health

Show your friends you are there for them by encouraging them to practice coping strategies.

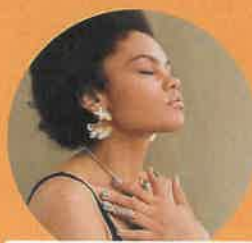


Yoga



Physical Activity

Ride a bike
Walk
Stretch



Breathing Exercises

Inhale for 4
Hold for 7
Exhale for 8



Volunteer

Animal shelter
Senior living
Food pantry



Find a hobby

Read
Paint
Dance



Hang out with friends

Go to the park
Watch a movie
Have a game night



Practice gratitude

Write down things you are grateful for



Spend time in nature

Take a hike
Watch the sunset
Stargaze

WARNING SIGNS OTHERS MAY BE STRUGGLING WITH THEIR MENTAL HEALTH:

- Don't hang out anymore
- Feel sad or hopeless
- Distracted during conversations or activities
- Loss of interest in activities
- Have a negative view on life

HOW TO SUPPORT OTHERS:

- Listen to them
- Invite them to social gatherings
- Send them a care package
- Encourage them to get help
- Offer to call the Lifeline together
- Let them know it's okay to ask for help



MENTAL HEALTH SUPPORT RESOURCES

- Contact your school counselor at: 760-621-8943
- Contact your school's wellness center at: ext 103
- Contact your school's peer counselor at:
- Text the CRISIS Line: Text "TALK" to 741741
- Call the Suicide & Crisis Lifeline: 988

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WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

Practical coping strategies for everyday well-being

Spend time in nature



Stay hydrated



Get a good night's sleep



Exercise



Connect with others



Eat healthy food



Do yoga



Practice gratitude



**Mental health is just as important as physical health.
Just because you can't see it doesn't mean it's not there.**

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or bad about yourself?
- Do you drink or smoke to feel better?

If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.

MENTAL HEALTH SUPPORT RESOURCES

- 📞 Contact your school counselor: *Ms. Lacey*
- 📞 Contact your school's wellness center: *Room 103*
- 📞 Contact your school's peer counselor:
- 📞 Text the **CRISIS Line**: Text **"TALK"** to **741741**
- 📞 Call the **Suicide & Crisis Lifeline** to talk to someone: **988**

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