

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. Sara

Use a drop in counseling form outside A7


Text the CRISIS Line: Text "TALK" to 741741

Call the Suicide & Crisis Lifeline to talk to someone: 988


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.




I am grateful for...




Enjoy a fun activity




Breathe, stretch, relax



Inhale for 4, hold for 7, exhale for 8



I can do this!



I would like to share. I have been feeling...

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. Sara
use a drop in
form @ A7

Crisis Text Line:
Text "TALK" to 741741

Suicide & Crisis Lifeline:
988