



Signs your mental health needs attention

- Hopelessness
- Difficulty connecting with others
- Changes in appetite
- Less attention to personal hygiene or appearance
- Low energy levels
- Loss of interest in activities
- Self-harming behavior
- Obsessing over outward appearance
- Binging and purging
- Paranoid thoughts
- Changes in mood or behaviors
- Trouble staying focused or having racing thoughts
- Increase in risky behavior
- Poor school performance or increase in absences
- Thoughts of suicide
- Extreme self-consciousness or sensitivity to criticism
- Excessive fear or worry
- Chronic complaints about stomach aches or headaches
- Substance use
- Experiencing hallucinations

Where can I go to get help?

At School:

- Principal or Assistant Principal
- School Counselor
- School Psychologist
- Teacher
- Any Trusted Adult

At Home or In Your Community:

- Suicide & Crisis Lifeline.....988
- National Helpline.....Text ‘Help’ to 1-800-622-4357
- Crisis Text Line.....Text Help or Hello to 741741
- Trevor Project Text Line.....Text ‘START’ to 678-678
- Care Solace.....(888) 515-0595
- Care Solace is a free resource that can help you find mental health support.

For county-wide resources, scan this QR code.



Ways to improve your mental health

Meditation

- Quiet your mind and thoughts in a calm environment

Physical Activity

- Include your favorite physical activity in your daily routine to improve your sense of wellbeing

Breathing Exercises

- Calm your mind with breath. Try 4-7-8 breathing. Breathe in 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds

Grounding Skills

- Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you taste

Journaling

- Write down all your thoughts and experiences to help process and make sense of them

Self-Compassion

- Self-compassion is the ability to treat yourself with kindness and understanding, like you would treat a dear friend

Connect With Others

- Spend time with friends and loved ones or seek therapy. Care Solace is a free resource that can help you find a therapist in your local community



What doesn't help your mental health

- Avoidance and procrastination
- Substance abuse, self medicating with substances, or other unhealthy habits
- Violence and abuse
- Hurting yourself or others
- Disconnecting from your thoughts and emotions
- Thinking about the worst-case scenario
- Isolating yourself from your support system
- Not talking about it with a trusted adult