

# Mental Health Support



## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.



## WHAT ARE SOME EXAMPLES OF THINGS THAT CAN IMPACT OUR MENTAL HEALTH?

- Stress
- Environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

## HOW CAN I TELL IF I AM STRUGGLING WITH MY MENTAL HEALTH?

If you start to notice any of the following behaviors in yourself or your friends, you may be struggling with your mental health:

- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Irritability
- Hearing voices or seeing things that are not there
- Thoughts of death or dying
- Too much or too little sleep
- Over/under eating
- Difficulty concentrating
- Lack of motivation



## WHERE CAN I GO TO GET HELP?

### At School: (Insert Contact Information)

- An administrator \_\_\_\_\_
- School Counselor \_\_\_\_\_
- Social Emotional Learning Specialist \_\_\_\_\_
- School Psychologist \_\_\_\_\_
- School Nurse \_\_\_\_\_
- Teacher \_\_\_\_\_
- Coach \_\_\_\_\_
- Any trusted adult \_\_\_\_\_



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Mental Health Resources



### At Home or in your Community:

- National Suicide Prevention Lifeline - 988
- Crisis Text Line - Text "Home" to 741741
- The Trevor Project Lifeline - 1-866-488-7386
- Teen Line - 310.855.4673 or Text "Teen" to 839863
- LGBT National Help Center - 888.843.4564
- Local Police Non-emergency number - 661.272.2400

## WHAT CAN I DO TO MANAGE MY MENTAL HEALTH?

The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors are becoming harder to manage:

- Practice deep breathing
- Meditate
- Go for a walk
- Journal
- Talk to a counselor/therapist
- Exercise



## BE MINDFUL OF COPING SKILLS THAT MAY BE MORE HARMFUL IN THE LONG RUN



Some coping skills may make you feel relieved and improve your mood temporarily. However, they can have longer-lasting negative effects on your mental health. Be careful about engaging in certain activities such as:

- Drug and alcohol use
- Risky sexual behaviors
- Negative peer associations
- Isolating
- Self-harming behaviors