

We all have Bad Days & Good Days

Mental Health is Important



Mental Health is just as important as physical health. Just because you can't see it, doesn't mean it's not there. It's important to recognize how you're feeling & know that it's okay to talk to someone about it.

Know what to look for

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?



Mental Health can have a major impact

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.



Know who to talk to

School Counselor: Tania Paul
Empower Tehama: Michelle Bryan
If you're interested in counseling with Empower Tehama, pick up a referral packet from the front desk



Crisis Text Line: Text **"TALK"** to
741741
Suicide & Crisis Lifeline: **988**

Mental Health is Important

Practicing these coping strategies for your everyday wellbeing can reduce unpleasant thoughts & feelings.



PHYSICAL ACTIVITY OR EXERCISE



GETTING ENOUGH SLEEP/REST



STAY HYDRATED BY DRINKING WATER



FINDING A HOBBY



SPENDING TIME WITH FRIENDS OR FAMILY



BREATHING & RELAXATION EXERCISES

Need to talk to someone?
Scan this QR Code & fill out
the survey.



MENTAL HEALTH

STRATEGIES TO HELP YOURSELF OR A FRIEND

THINGS TO TRY:

- Stay Hydrated
- Move Your Body
- Get Outside
- Breathing Exercises
- Volunteer
- Find a Hobby
- Practice Gratitude
- Hang Out With Friends
- Get Rest

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

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COPING STRATEGIES FOR YOUR MENTAL HEALTH



Make time for hobbies



Try listing things you're grateful for



Make time for rest



Deep Breathing or Meditation



Exercise or other physical activity



Talk to someone



Practice Positive Self Talk

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