

WHAT IS MENTAL HEALTH?

THERE ARE MANY EVERYDAY WELL-BEING ACTIVITIES YOU CAN DO TO REDUCE UNPLEASANT THOUGHTS, FEELINGS, AND BEHAVIORS

SIGNS TO LOOK OUT FOR

- ARE YOU FEELING SAD, LONELY, ANXIOUS OR DEPRESSED?
- DO YOU REGULARLY HAVE NEGATIVE THOUGHTS?
- DO YOU HAVE TROUBLE CONTROLLING YOUR EMOTIONS?
- DO YOU RELY ON SMOKING OR DRUGS TO FEEL BETTER?
- DO YOU THINK OF HURTING YOURSELF OR OTHERS?



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



WRITE DOWN YOUR THOUGHTS TO HELP PROCESS THEM

SHARE YOUR THOUGHTS WITH YOUR FRIENDS OR TRUSTED ADULTS



SPEND TIME DOING A HOBBY THAT BRINGS YOU JOY

DAILY PHYSICAL ACTIVITY WILL IMPROVE YOUR MENTAL WELLBEING

SCHOOL RESOURCES

CARE SOLACE (888)515-0595

- CARE SOLACE IS A FREE RESOURCE THAT CAN HELP YOU FIND MENTAL HEALTH SUPPORT

HAZEL HEART (TELE THERAPY AT HOME OR SCHOOL)

- SEE YOUR SCHOOL COUNSELOR FOR A REFERRAL

FAMILY RESOURCE CENTER (IF AVAILABLE) LBSCHOOLS.NET/FRC

SCHOOL COUNSELOR

WELLNESS CENTER SOCIAL WORKER

SCHOOL PSYCHOLOGIST