

Never Alone

"Remember you are never alone. Never forget that you are loved. Never doubt that someone surely cares for you." Thomas S. Monson

You are an amazing human, because you are unique and there is no one else in the world like you. Whether you struggle to get up in the morning, or are having a hard time with school, or feel like life isn't worth it, all of those struggles are valid. Remember that even when times feel tough, you will make it through. You've been through many tough times before and survived. **You are proof that you can and will make it through this.** You are so strong for pushing through every day; you are loved by more people than you know, and there is so much life ahead of you that will be filled with beautiful possibilities. Each day, try to look for three things that you are thankful for. They can be as small as the smell of cookies and as grand as the beauty of the world. When you take the time to recognize what makes you love life, you are able to remind yourself of what makes you truly happy and shift your mindset to increase positivity.

Hey cougars! We are so happy to introduce our monthly letter to you. We hope that you find encouragement and support throughout this letter. Remember that you are incredibly loved & wanted!♡♡ Love, Your Mental Health Committee & Mental Health Specialists



National suicide prevention crisis line:
1-800-273-TALK (8255)
Crisis Line:
1-866-427-4747, to speak with an adult crisis expert
Crisis Text Line: Text "Home" to 741741
Call Teen Link:
206-461-4922, 6:00-10:00 pm nightly, staffed by teens.
Text Teen Link:
866-833-6546, 6pm-9:30pm

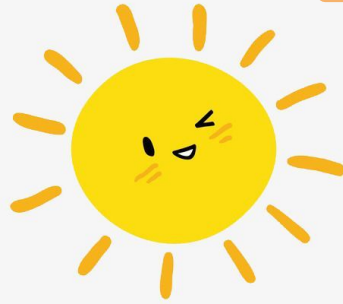
We want to hear from you and what topics would be helpful to you or that you'd like to discuss! :) Everything is anonymous so feel free to answer as many or few questions as you want. This is entirely optional but we'd love to hear from you and appreciate any feedback you have <3

<https://forms.gle/UgShVWqkCWo2JPUC9>

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Remember that it is important to do what makes you happy, and that there is always time for you to take care of your body and mind. Be kind to yourself and try your best to stay positive! :)

Remember that you are never alone. We all have mental health, every single person in this world. We all have our own story and everyone's mental health is experienced in different ways. There are many things that help to boost happiness and lower stress in our everyday lives.



Take care of your body!!

- ♡ Drink water (hydration is key)
- ♡ Get enough sleep (brain rejuvenates!)
- ♡ Use a creative outlet (helps reduce stress)
 - Baking, coloring, playing a sport or game, etc.

Mental illness may often feel like something that has to be taken on alone. It can be extremely isolating, like you're the only one, all alone. It can feel like you can't ever tell anyone, because you would feel like a burden to them. But please know this: You are not a burden. You are dealing with a burden, which is too heavy for you to carry all by yourself. This is not the end. You are so strong. You are fighting a silent battle everyday, refusing to give up and let it stop you. That is so incredibly brave and shows how powerful and resilient you are. Know that you don't have to fight this battle alone. Also, know that there are many teenagers who have and are also struggling with mental illnesses. You are not alone. Know that even when it seems like no one cares, there are countless people who care and want to help and support you in any way that they can. Your teachers, family, friends, school, and community all truly care about you so immensely and we are so happy that you are here. There are many resources to help people with mental illnesses. Music and art therapy, talking to people who specialize in mental illnesses, or finding something in life that helps bring happiness are resources to help work on mental illness. Often it will take time to find what helps you individually, but asking for help is a courageous step to help yourself and your mental health. Know that you can always talk to someone from our school, like our mental health counselors Kendra (kendra.nyfs@gmail.com) and Gina (ginaf.nyfs@gmail.com). They also offer weekly coping skills groups. Another way to reach them is through talking to your wonderful guidance counselors. You deserve to be supported in the best way for you, and you deserve to feel loved and wanted because it is the truth and you are worth it. Always remember that you are never alone.