Positive mental health helps students

1. be able to cope with the difficult times in their lives
2. feel a sense-of-belonging on their campus
3. engage in academic work productively and to reach their full potential
4. gain confidence and self-esteem that helps make meaningful contributions to family and to society

Ways to maintain positive mental health

- Be screen-free with plenty of rest
- Choose nutritious food
- Accept and value yourself
- Get involved to help others
- Express how you feel
- Talk to a confidential adult

Wellness Counselors
*Text or email*
- Martin Murphy Wellness Email: mmwellness@mhusd.org
- Britton Wellness Email: brwellness@mhusd.org
- Ann Sobrato Wellness Email: sowellness@mhusd.org
- Live Oak Wellness Email: lowellness@mhusd.org
- Elementary Wellness Email: elementarywellness@mhusd.org

Find time for friends and family

Get help when you need it

National Domestic Violence Hotline: 1-800-799-7233
National Suicide Crisis Hotline: 24/7 call or text 988
Santa Clara County Suicide Crisis Hotline: 855-278-4204 Text RENEW to 741741

4-7-8 Breathing

Get physically active

Accept and value yourself

Choose nutritious food

Get involved to help others

Express how you feel

Talk to a confidential adult

Wellness Counselors
*Text or email*