



Clarksville

Feather River

Lakeview

PRIORITIZING STUDENT MENTAL HEALTH

BE ON THE LOOKOUT

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents could include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking/problems concentrating and learning
- Extreme mood changes including uncontrollable highs or feelings of euphoria
- Prolonged or strong feelings of irritability/anger
- Avoiding friends and social activities
- Intense fear of weight gain or concern with appearance
- Inability to carry out daily activities
- Difficulties understanding or relating to others
- Changes in sleep habits/feeling tired and low energy
- Changes in eating habits
- Difficulty perceiving reality
- Inability to perceive changes in one's own feelings, behavior, or personality
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes
- Thinking about suicide

HOW TO COPE



Helpful Coping Strategies:

- Meditation
- Yoga
- Mindfulness
- Breathing Exercises
- Grounding Exercises
- Journaling
- Acceptance
- Seeking Therapy
- Talk it Out



Avoid These Unhealthy Responses:

- Substance Abuse
- Self-Medicating
- Violence
- Abuse
- Self-Harm
- Compulsivity
- Dissociation
- Catastrophizing
- Self-Isolating

RESOURCES & INFORMATION

Click the link or point your phone's camera at the QR code to access the resources and information below.



Social-Emotional Learning HUB

Go to the SEL HUB to find our schools' resources and support



Crisis Hotlines and Support

Click this link for National and State Hotlines



Community Counseling Resources

You can find Counseling Resources that may be available in your community by clicking this link.



SEL School Counselor

You can also reach out to our SEL school counselor, Mr. Briggs. malachi.briggs@sequoiagrove.org



Scan me for the full mental health web page!