

# GETTING THE RIGHT START

## STUDENT GUIDE TO MENTAL HEALTH

### KNOW THE 10 COMMON WARNING SIGNS

1. Feeling very sad or withdrawn for more than two weeks
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe out-of-control, risk-taking behaviors
4. Sudden, overwhelming fear for no reason
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
6. Seeing, hearing, or believing things that are not real
7. Repeatedly using drugs or alcohol
8. Drastic changes in mood, behavior, personality or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears they get in the way of daily activities

### Worried? Tell Someone

- A FAMILY MEMBER
- CLOSE FRIEND
- TEACHER OR PROFESSOR
- COUNSELOR OR SCHOOL SOCIAL WORKER
- FAITH LEADER



### YOU ARE NOT ALONE



1 in 5 youth and young adults lives with a mental health condition

### WHAT TO SAY

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm really having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?



### WHAT TO DO



Getting help early for mental health matters in keeping your life on track



Your first stop is your primary care doctor, to rule out other physical health conditions



Be honest about what you're feeling and be clear about what you want



Ask for help finding a therapist or mental health specialist that works for you

### CONNECT WITH OTHERS



- Clinica Sierra Vista (Health, Dental, WIC, Social Services, Homeless Outreach, Mental Health)  
For urgent Medical Advice: (833)-278-4584  
Freddy Hernandez: hernandezf@clinciasierravista.org  
(661) 635-3050
- Behavioral health & recovery services (Formerly the Kern County Mental Health Department)  
Crisis Hotline: 1-800-991-5272
- California Youth Crisis Line: Youth ages 12-24 can call or text 800-843-5200 or chat online for 24/7 crisis support.
- Alliance Against Family Violence (Family Violence, Teen Dating Violence, Human Trafficking)  
24-Hour Crisis Hotline: (800) 273-7713  
Alyssa Olivera: aolivera@aafvsa.org  
(661) 327-1091
- Substance Use Division Access Line:  
1-866-266-4898  
The Access and Assessment Center: (661)-868-8080
- Suicide Prevention Hotline: 1-800-273-8255