

# WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

## Practical coping strategies for everyday well-being

Spend time in nature



Stay hydrated



Get a good night's sleep



Exercise



Connect with others



Eat healthy food



Do yoga



Practice gratitude



**Mental health is just as important as physical health.  
Just because you can't see it doesn't mean it's not there.**

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or bad about yourself?
- Do you drink or smoke to feel better?

**If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.**

### MENTAL HEALTH SUPPORT RESOURCES AT

#### LAKEVIEW LEADERSHIP ACADEMY

School Counselors: 760-955-3400

Pedro Aguilar x 46106, Brandi Fobes x 46156, Pamela Strigglers x 46103

Mental Health Clinician: 760-955-3400 x 46452

Helena Sjullie x 46452

Text the CRISIS Line: Text "TALK" to 741741

Call the Suicide & Crisis Lifeline to talk to someone: 988

LLA Intervention Referral

