

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/vape 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

- See your school counselor
- Go to the School Based Health Center and talk to a therapist
- LGBTQ+ students can call the Trevor Project Crisis Line: 866-488-7386
- Text the CRISIS Line: Text "TALK" to 741741
- Call the Suicide & Crisis Lifeline to talk to someone: 988

