

WHAT IS MENTAL HEALTH?

MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING. IT CAN AFFECT HOW WE THINK, FEEL, AND ACT.

HOW CAN I TELL IF I AM STRUGGLING WITH MY MENTAL HEALTH?

- FEELINGS OF HOPELESSNESS AND WORTHLESSNESS
- TOO MUCH OR TOO LITTLE SLEEP
- DIFFICULTY CONCENTRATING
- DIFFICULTY COMMUNICATING OR MAINTAINING RELATIONSHIPS
- EATING TOO MUCH OR TOO LITTLE
- FEELING VERY NERVOUS OR ANXIOUS ABOUT ROUTINE ACTIVITIES
- SUBSTANCE USE
- LOW MOTIVATION AND/OR ENERGY LEVELS
- LACK OF INTEREST IN ACTIVITIES THAT USED TO BE ENJOYABLE
- SELF-HARM - FOR EXAMPLE: CUTTING OR BURNING
- THINKING ABOUT DEATH OR HAVING THOUGHTS OF SUICIDE
- OVERLY INTERESTED OR INVOLVED IN RISKY ACTIVITIES
- EXPRESSING BIZARRE IDEAS OR PARANOID THOUGHTS
- EXPERIENCING HALLUCINATIONS, SUCH AS HEARING VOICES
- INCREASED IRRITABILITY, ANGER, OR HOSTILITY
- LACK OF ATTENTION TO PERSONAL HYGIENE OR APPEARANCE

WHAT HELPS YOUR MENTAL HEALTH?

MEDITATION & MINDFULNESS

- BRING YOUR ATTENTION TO YOUR SURROUNDINGS. QUIET YOUR MIND AND THOUGHTS IN A CALM ENVIRONMENT AND PRACTICE MINDFUL BREATHING.

GROUNDING SKILLS

- FIND FIVE THINGS YOU CAN SEE, FOUR THINGS YOU CAN TOUCH, THREE THINGS YOU CAN HEAR, TWO THINGS YOU CAN SMELL, AND ONE THING YOU CAN TASTE

JOURNALING

- WRITE DOWN ALL YOUR THOUGHTS AND EXPERIENCES TO HELP PROCESS AND MAKE SENSE OF THEM

PHYSICAL ACTIVITY

- INCLUDE YOUR FAVORITE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE TO IMPROVE YOUR SENSE OF WELLBEING

SELF-COMPASSION

- THE ABILITY TO TREAT YOURSELF WITH KINDNESS AND UNDERSTANDING LIKE YOU WOULD TREAT A DEAR FRIEND

ENJOY A HOBBY

- SPEND TIME DOING SOMETHING POSITIVE THAT BRINGS YOU JOY, LIKE; READING, CREATING ART, OR GARDENING

CONNECT WITH OTHERS

- SPEND TIME WITH FRIENDS AND LOVED ONES OR SEEK COUNSELING OR THERAPY

NATIONAL CRISIS HELPLINES

SUICIDE AND CRISIS LIFELINE 988

NATIONAL HELPLINE TEXT 'HELP TO 1-800-626-4357

CRISIS TEXT LINE TEXT HELP OR HELLO TO 741741

TREVOR PROJECT TEXT LINE ... TEXT 'START' TO 678-678

LOCAL RESOURCES

BEHAVIORAL HEALTH URGENT CARE "BUCK" (562)548-6565

- 3210 LONG BEACH BLVD. LONG BEACH, CA 90807

SAY SOMETHING ANONYMOUS REPORTING SYSTEM

- SANDYHOOKPROMISE.ORG/SAY-SOMETHING-TIPS

WHAT DOESN'T HELP YOUR MENTAL HEALTH?

- AVOIDANCE AND PROCRASTINATION
- SUBSTANCE ABUSE, SELF-MEDICATING WITH SUBSTANCES, OR OTHER UNHEALTHY HABITS
- VIOLENCE AND ABUSE
- HURTING YOURSELF OR OTHERS
- DISCONNECTING FROM YOUR THOUGHTS AND EMOTIONS
- THINKING ABOUT THE WORST-CASE SCENARIO
- ISOLATING YOURSELF FROM YOUR SUPPORT SYSTEM
- NOT TALKING ABOUT IT WITH A TRUSTED ADULT

SCHOOL RESOURCES

CARE SOLACE (888)515-0595

- CARE SOLACE IS A FREE RESOURCE THAT CAN HELP YOU FIND MENTAL HEALTH SUPPORT

HAZEL HEART (TELE THERAPY AT HOME OR SCHOOL)

- SEE YOUR SCHOOL COUNSELOR FOR A REFERRAL

SCHOOL COUNSELOR

WELLNESS CENTER SOCIAL WORKER

SCHOOL PSYCHOLOGIST

