

Mental Health Support

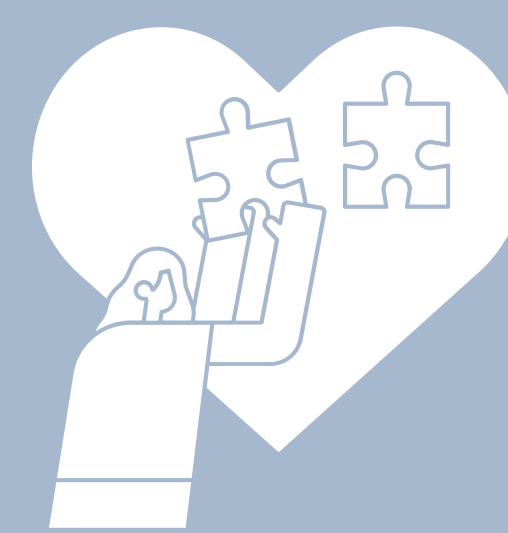
What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.



Things that can impact our Mental Health

- Family & Friends
- Stress
- Environment
- School & Work
- Sudden changes in routines
- Grief and Loss
- Alcohol or drug use
- Biological factors



What can I do to manage my Mental Health?

- Meditate
- Go for a walk
- Journal
- Exercise
- Practice deep breathing
- Talk to a counselor/therapist



How can I tell if I'm struggling?

- Too much or too little sleep
- Difficulty concentrating
- Lack of motivation
- Under/overeating
- Thoughts of death or dying
- Lack of interest in things that used to be enjoyable
- Wishing to be alone for long periods of time
- Irritability



Coping skills that can be harmful in the long run

- Isolation
- Self-harming behaviors
- Drug and alcohol use
- Risky sexual behaviors
- Negative peer associations



Although you may feel relieved temporarily from these coping skills, they can have a long-lasting negative effect on your mental health.

Where Can I Go For Help?

At School:

- Administrator: 209-238-6716
- School Counselor: 209-238-6723
- Mental Health Clinician: 209-238-6729
- School Nurse
- Teacher
- Any trusted adult

At Home or in your Community:

- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text "HOME" to 741741
- The Trevor Project Lifeline: 1-866-488-7386
- Local Police non-emergency numbers
209-552-2468- Sheriff's Department
209-552-2470- Modesto Police Dept.
- Substance Abuse & Mental Health Services Administration Hotline 1-800-662-4357
- Stanislaus County Community Response Team: 209-558-4600
- Stanislaus County Warm Line: 209-558-4600
- Teen Crisis Hotline: 1-800-843-5200
- Regional Suicide Prevention Hotline: 1-800-273-TALK or 1-800-SUICIDE

