

Your Mental Health is as Important as Your Physical Health

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.



Signs to Watch Out For

- Are you feeling sad, lonely, anxious, or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better?
- Do you harm yourself?
- Do you just want to be alone?

MENTAL HEALTH RESOURCES School Contact:

Crisis Text Line:
Text "**TALK**" to **741741**
Suicide & Crisis Lifeline:
Call/text 988
or chat at 988lifeline.org/chat

INSERT
QR CODE

Developed by



san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIES™