



# Your Mental Health Matters!

Everyone has good days and bad days,  
but sometimes it's more than that.

Adapted from samples developed by the Orange County Department of Education and San Diego County Office of Education.

## What is mental health?

Mental health includes our emotional, psychological, and social wellbeing. It can effect how we think, feel, and act.

## What do mental health challenges look like?

You may be experiencing a mental health challenge if you have a hard time attending school, doing things you usually enjoy, or spending time with friends and family.

This may look or feel like:

- sleeping too much or too little
- eating too much or too little
- difficulty concentrating
- lack of motivation
- worrying all the time
- irritability or short-tempered
- difficulty understanding or relating to other people
- using drugs, smoking, or drinking alcohol to feel better
- hearing voices or seeing things that are not there
- thinking about suicide

## Healthy ways to cope with challenges

Reach out to a trusted adult	Be active, take a walk, do yoga	Practice deep breathing
Spend time in nature	Connect with friends	Get a good night's sleep
Make a list of things you're grateful for	Journal	Eat healthy food and drink plenty of water

## Unhealthy ways to cope with challenges

Some coping skills may offer a sense of temporary relief and a better mood. But instead of fixing problems many of these make problems bigger and lead to long-term health issues.

Drug and alcohol use

Avoidance or isolation

Risky sexual behaviors

Self-harming behaviors

Compulsive behaviors

Violence or aggression

Instead of doing these things, reach out to a friend or trusted adult to find other options that work better. If a friend is doing these things, help them get help.

This space is reserved for site-specific information on how students access mental health supports.

This information should be printed on a 5" x 7" shipping label and affixed here, or printed on a 5" x 7" index card and inserted into a pocket to be affixed here.

Information to include in this section include:

Who students should reach out to for help, with contact information including counselors, administrators, peer support.

QR codes or shortened website links to request for assistance forms for students.

Local off-campus mental health resources should at least include the Stanislaus County Mental Health Services Access Line at 888-376-6246



text or call 988  
get help anytime

CRISIS TEXT LINE |

Text HELLO to 741741  
Free, 24/7, Confidential

THE **TREVOR** PROJECT  
Saving Young LGBTQ Lives  
Trevor Lifeline: 866-488-7386  
or text START to 202-304-1200