

Granada Hills Charter

Student Mental Health Support

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.

WHAT ARE SOME EXAMPLES OF THINGS THAT CAN IMPACT OUR MENTAL HEALTH?



- Stress
- Environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

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

If you start to notice any of the following behaviors in yourself or your friends, you may be struggling with your mental health:

- Too much or too little sleep
- Over/undereating
- Difficulty concentrating
- Lack of motivation
- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Irritability
- Hearing voices or seeing things that are not there
- Thoughts of death or dying



WHERE CAN I GO TO GET HELP?

AT SCHOOL:

- An Administrator
- School Psychologist
- School Social Worker
- School Nurse
- School Counselor
- Teacher
- Any trusted adult

QR Code to Los Angeles County Department of Mental Health



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
- LAC Help Line 1-800-854-7771
- Local Police Non-emergency number 311
- Substance Abuse Services Hotline 1-844-804-7500

WHAT CAN I DO TO MANAGE MY MENTAL HEALTH?

The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors are becoming harder to manage:

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

BE MINDFUL OF COPING SKILLS THAT MAY BE MORE HARMFUL IN THE LONG RUN

Some coping skills may make you feel relieved and improve your mood temporarily. However, they can have longer-lasting negative effects on your mental health. Be careful about engaging in certain activities such as:



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