



# Pasadena Unified School District

## Student Mental Health

### What is mental health?

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



### 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

### Where to seek help

#### **THRIVE: School Mental Health**

Lara Choulakian, LCSW  
Manager, THRIVE: School Mental Health  
(626) 396-3600 x 88233

#### **PUSD Mental Health Services**

Erica Villalpando, LCSW  
Manager, PUSD Mental Health Services  
(626) 396-5920 x 10998

### Symptoms that may indicate I may be struggling with my mental health

- Too much or too little sleep
- Over/under eating
- Difficulty concentrating
- Lack of motivation
- Isolation
- Lack of interest
- Persistent sadness
- Anxious, worried
- Irritability
- Hearing voices/seeing things that are not there
- Thoughts of death or dying

### Harmful coping skills to be mindful of

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

- Drug and alcohol abuse
- Risky sexual behavior
- Negative peer associations
- Isolating
- Self Harming behaviors

### Additional Resources

Crisis Text Line  
Text Home to 741741

National Suicide and Crisis Lifeline  
988

National Suicide Prevention Lifeline  
(800) 273-TALK (8255)

Trevor Project Lifeline (LGBTQ+ Intervention)  
(866) 488-7386

Spanish Language Lifeline  
(888) 628-9454