



WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT
SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US

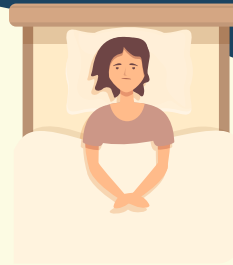
Practical coping strategies for everyday well-being



Spend time in nature



Stay Hydrated



Get a good night sleep



Exercise



Connect with others



Eat Healthy



Yoga/Meditate



Practice Gratitude

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. JUST BECAUSE YOU CAN'T SEE IT DOESN'T MEAN IT'S NOT THERE.

- DO YOU OFTEN FEEL SAD OR HOPELESS?
- HAVE YOU LOST INTEREST IN THINGS THAT USED TO BRING YOU JOY?
- DO YOU HAVE THOUGHTS OF SUICIDE OR HARMING YOURSELF?
- DO YOU FEEL LIKE A FAILURE, A BURDEN, OR BAD ABOUT YOURSELF?
- DO YOU DRINK OR SMOKE TO FEEL BETTER?

IF YOUR ABILITY TO ATTEND SCHOOL, CARRY OUT DAILY ACTIVITIES OR ENGAGE IN SATISFYING RELATIONSHIPS IS IMPACTED, THEN YOUR MENTAL HEALTH IS ASKING FOR HELP.

Mental Health Support Resources

- CONTACT YOUR SCHOOL PRINCIPAL: VDONAHUE@SANTAPAULAUSD.ORG
- CONTACT YOUR SCHOOL COUNSELOR: RAPEREZ@SANTAPAULAUSD.ORG
- CONTACT YOUR SCHOOL'S WELLNESS CENTER: RAPEREZ@SANTAPAULAUSD.ORG
- TEXT THE CRISIS LINE: TEXT TALK TO 741741
- CALL THE SUICIDE & CRISIS LIFELINE TO TALK TO SOMEONE: 988





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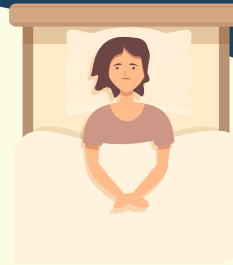
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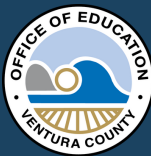
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TODOS TENEMOS DÍAS MALOS Y DÍAS BUENOS, PERO A VECES NUESTRA SALUD MENTAL NOS SUPERA

Estrategias prácticas de afrontamiento para el bienestar diario.



Pasar tiempo en la naturaleza



Mantente hidratado



Duerme bien durante la noche



Hacer ejercicios



Conectar con otros



Comer saludable



Yoga/Meditación



Practicar la gratitud

LA SALUD MENTAL ES TAN IMPORTANTE COMO LA SALUD FÍSICA. SÓLO PORQUE NO PUEDES VERLO NO SIGNIFICA QUE NO ESTÉ AHÍ.

- ¿TE SIENTES FRECUENTEMENTE TRISTE O DESESPERADO?
- ¿HAS PERDIDO EL INTERÉS EN LAS COSAS QUE ANTES TE TRAÍAN ALEGRÍA?
- ¿TIENE PENSAMIENTOS DE SUICIDIO O DE HACERSE DAÑO A SÍ MISMO?
- ¿TE SIENTES FRACASADO, UNA CARGA O MAL CONTIGO MISMO?
- ¿TOMAS O FUMAS PARA SENTIRTE MEJOR?

SI SU CAPACIDAD PARA ASISTIR A LA ESCUELA, REALIZAR ACTIVIDADES DIARIAS O INVOLUCRARSE EN RELACIONES SATISFACTORIAS SE VE AFECTADO, ENTONCES TU SALUD MENTAL ESTÁ PIDIENDO AYUDA.

Recursos de apoyo a la salud mental

- COMUNIQUESE CON SU DIRECTORA: VDONAHUE@SANTAPAULAUSD.ORG
- COMUNÍQUESE CON SU CONSEJERO ESCOLAR: RAPEREZ@SANTAPAULAUSD.ORG
- COMUNÍQUESE CON EL CENTRO DE BIENESTAR DE SU ESCUELA: RAPEREZ@SANTAPAULAUSD.ORG
- ENVÍE UN MENSAJE DE TEXTO A LA LÍNEA DE CRISIS: ENVÍE TALK AL 741741
- LLAMA AL TELÉFONO DE SUICIDIO Y CRISIS PARA HABLAR CON ALGUIEN: 988

