GLEN CITY SCHOOL

Santa Paula Unified School District

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 in our routines
- Biological Factors
- Grief and Loss
- Alcohol or drug use

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 can I go to get help?

At School: (Phone number: (805) 933-8850)

- An Administrator: Mr. Varela or Mrs. Laureano
- School Counselor: Ms. Perez or Mrs. Campbell
- School Psychologist
- School Nurse
- Teacher
- Coach
- Any trusted adult

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
- Local Police non-emergency number (805) 525-4474
- Substance Abuse and Mental Health Services Administration Hotline 1-800-662-4357

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/under eating
- 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

PROVIDED BY VCOE COMPREHENSIVE HEALTH AND PREVENTION DEPARTMENT