

YOUR MENTAL HEALTH MATTERS

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 SIGNS THAT I'M STRUGGLING?

- Too much or too little sleep
- Over or under eating
- Difficulty concentrating
- Lack of motivation
- Feeling sad or hopeless
- Losing interest in things that you used to enjoy
- Having a negative outlook on life



TAKE WHAT YOU NEED

@HEARTSOFGROWTH

PRACTICAL COPING STRATEGIES FOR EVERYDAY WELL BEING



CONNECT WITH OTHERS



GET A GOOD NIGHT'S SLEEP



EXCERCISE



EAT HEALTHY

ISBELL ACADEMY OF COLLEGE AND CAREERS



THERE IS HELP WHEN YOU NEED IT

- ANY SCHOOL COUNSELOR
- ANY ADMINISTRATOR OR TEACHER
- "THE PERCH" WELLNESS CENTER
- CRISIS TEXT LINE: TEXT "TALK" TO 741741
- NATIONAL SUICIDE PREVENTION LIFELINE - 988
- SANTA PAULA POLICE DEPT. 805-525-4474