

September, 2024

# MONTHLY NEWSLETTER

# Mental Health Matters

It's time to  
prioritize your  
mental health and  
self-care this  
school year!



## My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



### Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



### If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



### Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



### Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

**NO JUDGMENT.  
JUST HELP.**

**TEXT, CALL, CHAT**

**988**

PEACE, LOVE AND  
HAPPINESS BEGIN FROM  
WITHIN

# 5 Minute Mental Health Check-In



Have I eaten regular meals?

Have I spent time outside in fresh air?

Have I been taking care of my personal hygiene?

Have I connected with someone I love?

Have I been comparing my real life to other people's highlight reel?

Am I getting enough sleep?

Have I moved my body today?

Have I been thinking kind thoughts to myself?

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