



YOUR MENTAL HEALTH MATTERS

Common Behaviors of those Struggling

- Appetite or Sleep Changes
- Engaging in Unhealthy Coping Mechanisms
- Social Isolation/Withdrawal
- Feeling Anxious, Worried or Stressed

and In Crisis



- Extreme Mood Swings
- Posts on social media with concerning photos/words/phrases
- Feeling worthless or not wanting to be alive
- Losing interest in hobbies previously enjoyed
- Lack of self confidence and loneliness



Community Resources



Visit caresolace.com/site/luhsd for free confidential help connecting to quality mental/substance abuse service providers



Call 221 or text 'HOPE' to 20121



Call 988



Call 866-349-6579 or visit bewellline.com/youth



Call 1-888-678-7277 for the CC Behavioral Health Access Line for mental health and substance use services

School-Site resources



Contact your school counselor



Visit your school's wellness center

Positive Coping Strategies

- Journal
- Practice Gratitude
- Engage in a Hobby
- Spend time in Nature
- Hang out with Friends

Negative Coping Strategies to avoid

- Isolating
- Catastrophizing or Overthinking
- Self-Harm
- Dissociating
- Substance abuse
- Violence