

Your Mental Health is as Important as Your Physical Health

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.



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MENTAL HEALTH RESOURCES

School Contact:

**Contact your
school principal**

Crisis Text Line:

Text "**TALK**" to **741741**

Suicide & Crisis Lifeline:

Call/text 988

or chat at 988lifeline.org/chat

Signs to Watch Out For

- Are you feeling sad, lonely, anxious, or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you harm yourself?
- Do you just want to be alone?

Developed by