



Office of Equity and Access



BE KIND TO YOUR MIND

Mental Health Matters



When should someone ask for help?

- Feeling anxious or worried
- Feeling depressed or unhappy
- emotional outbursts
- sleep problems
- weight or appetite change
- quiet or withdrawn
- substance abuse
- feeling guilty or worthless
- changes in behavior or feelings

Mental Wellness includes our emotional, psychological and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. It is important at every stage of life.



Tips to improve your mental wellness

1. regular doctor visits and yearly check ups
2. take time to laugh
3. breathing exercises
4. write in a journal
5. listen to music
6. eat a well-balanced diet
7. get a good night's sleep
8. talk to a friend or trusted adult

Resources

Teen Line

(800) 852-8336

Talk to someone who will listen to you safely

Suicide Prevention Lifeline

(800) 273-8255

You can also speak to any trusted adult at your school such as: teacher, counselor, school psychologist, nurse, yard supervisor



Office of Equity and Access
(626) 933-5302