

# Student Mental Health Support

## How can I tell if I'm struggling with my mental health?

If you start to notice any of the following behaviors in yourself or your friends, you may be struggling with your mental health.

- Excessive worrying, nervousness
- Sleeping too much or too little
- Feeling sad, or irritable most of the time
- Loss of interest in everyday activities
- Thoughts of self-harm or suicide
- Lack of appetite or binge eating
- Intense irregular emotional reactions
- Racing thoughts and rapid speech
- Hearing voices or seeing things that aren't there

## Where can I go to get help?

### At school:

- Any Trusted Adult
- School Nurse - Teacher - Coach
- School Administrators
- School Psychologist/Counselor
- School Wellness Center Staff

### At home or in your community:

- National Suicide Prevention Lifeline - **988**
- Spanish Suicide Prevention Line - 1-888-628-9454
- Crisis Text Line - Text "Home" to 741741
- El Dorado County Behavioral Health - 1-800-929-1955
- The Trevor Project Lifeline - 1-866-488-7386
- CalHOPE Warmline - 1-833-317-HOPE
- Substance Abuse & Mental Health Services Administration Hotline - 1-800-662-4357

## Be mindful of negative coping strategies that may be more harmful in the long run.

Some coping skills may make you feel relieved and improve your mood temporarily. However, they can have longer-lasting negative effects on your mental health. Be careful about engaging in certain activities such as:

Substance abuse or self-medication, violence and abuse, self-harm, compulsivity, dissociation, catastrophizing, and isolating.

## What positive things can I do to take care of my mental health?

The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors are becoming harder to manage:

- Talk to a counselor/therapist
- Practice deep breathing
- Practice grounding skills
- Meditate
- Go for a walk
- Stretch
- Write in a journal
- Be mindful



Help is just a text  
or call away

