

May 2026

Dinuba High School Aware & Connect NEWSletter



May is

Mental Health Awareness Month

This year's theme "More Good Days, Together" encourages us all to reflect on what a "good" day looks like, both for ourselves, and for our communities. Together, we can use that insight to connect people to the right support at the right time, and shape advocacy, education, and community engagement to make more good days possible for all.

Hotlines:

- Substance Use Disorder Access Line:
1-866-732-4114
- Crisis Text Line: Text **HOME** to **741741**
- 211 Referral Line:
211 or **1-800-283-9323**
- National Suicide Prevention Lifeline:
988
- SAMHSA National Hotline:
1-800-662-4357
- CWS/Child Abuse Hotline:
1-800-331-1585
- Tulare County Warm Line:
1-877-306-2413
- Poison Control Line:
1-800-222-1222

MENTAL HEALTH
Awareness
MONTH



Aware & Connect
Campus Phone:
(559) 595-7220 Ext. 8319
Campus Location: O-102

Email: amanda.soto@dinuba.k12.ca.us

Dose of Awareness



Substances may hide underlying mental health issues.

Healthy coping skills help you understand and support your mental health. Some teens use alcohol or drugs to cope with stress, anxiety, or depression. Positive choices support better long-term well-being.

Starting early = higher risk.

The younger someone is when they start using substances, the more likely they are to have serious problems later. Healthy choices now can build a stronger future.

Find healthier ways to cope.

If you're feeling stressed, anxious, or down, try getting active or doing something that helps you relax, like music, art, or journaling. You don't have to do it alone, support from a counselor or trusted adult can help you feel better and bring more good days.

ONLINE RESOURCES

What Does "Mental Health Problem" Mean?

Mental Health: Get the Facts

Mental Health Conditions

