LENNOX SCHOOL DISTRICT
LENNOX MIDDLE SCHOOL

Student Mental Health Support

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.



WHAT ARE SOME EXAMPLES OF THINGS THAT CAN IMPACT OUR MENTAL HEALTH?

- Stress
- Environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

HOW CAN I TELL IF I AM 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:



- Too much or too little sleep
- Over/under eating
- Difficulty concentrating
- Lack of motivation
- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Irritability
- Hearing voices or seeing things that are not there
- Thoughts of death or dying

WHERE CAN I GO TO GET HELP?

At School: (Insert Contact Information)

- An administrator Principal Pichardo or Asst. Principals: Mr. Sanchez, Mr. Nava, and Mrs. Garcia
- School Counselor Mr. Ramirez, Mrs. Jimenez, or Mrs. Martinez
- School Psychologist Mrs. Bronson
- School Nurse
- Teacher
- Coach
- Any trusted adult

At Home or in your Community:

- National Suicide Prevention Lifeline - 988
- Crisis Text Line - Text "Home" to 741741
- The Trevor Project Lifeline 1-866-488-7386
- OC Links 855-625-4657
- Local Police Non-emergency number - (323) 820-6700 (Sheriff's)
- Substance Abuse and Mental Health Services Administration Hotline 1-800-662-4357

For county-wide resources, please scan the QR code below:

WHAT CAN I DO TO MANAGE 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:

- Practice deep breathing
- Meditate
- Go for a walk
- Journal
- Talk to a counselor/therapist
- Exercise

BE MINDFUL OF COPING SKILLS 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:

- Drug and alcohol use
- Risky sexual behaviors
- Negative peer associations
- Isolating
- Self-harming behaviors

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