WHAT IS MENTAL HEALTH?

THERE ARE MANY EVERYDAY WELL-BEING ACTIVITIES YOU CAN DO TO REDUCE UNPLEASANT THOUGHTS, FEELINGS AND BEHAVIORS

SIGNS TO LOOK OUT FOR

- ARE YOU FEELING SAD, LONELY, ANXIOUS OR DEPRESSED?
- DO YOU REGULARLY HAVE NEGATIVE THOUGHTS?
- DO YOU HAVE TROUBLE CONTROLLING YOUR EMOTIONS?
- DO YOU RELY ON SMOKING OR DRUGS TO FEEL BETTER?
- DO YOU THINK OF HURTING YOURSELF OR OTHERS?



SHARE YOUR THOUGHS WITH YOUR FRIENDS OR TRUSTED ADULT



WRITE DOWN YOUR THOUGHTS TO HELP PROCESS THEM

WHAT DOESN'T HELP YOUR MENTAL HEALTH?

- AVOIDANCE AND PROCRASTINATION
- SUBSTANCE ABUSE, SELF MEDICATING WITH SUBSTANCES, OR OTHER UNHEALTHY HABITS
- VIOLENCE AND ABUSE
- HURTING YOURSELF OR OTHERS
- DISCONNECTING FROM YOUR THOUGHTS AND EMOTIONS
- THI ING ABOUT THE WORST-CASE SCENARIO
- ISOLATING YOURSELF FROM YOUR SUPPORT SYSTEM
- NOT TALKING ABOUT IT WITH A TRUSTED ADULT



SPEND TIME DOING A HOBBY THAT BRINGS YOU JOY



DAILY PHYSICAL ACTIVITY WILL IMPROVE YOUR MENTAL WELLBEING

RESOURCES

- **Daybreak Health** (Teletherapy at home)
  See your school counselor for a referral.
- **School Counselor:** _____
- **Wellness Center Social Worker:** _____
- **School Psychologist:** _____
- **School Based Counseling Services**
  (For those with Medi-Cal or private health coverage)
  See your school counselor for a referral.
- **Care Solace:** (888) 515-0595
  A free resource that can help you find mental health support.
- **Behavioral Health Virtual Services:**
  - **BrigthtLife Kids** (0–12 yrs. old)
  - **Soluna** (13–25 yrs. old)

Excellence and Equity

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