WHAT IS MENTAL HEALTH?

MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING

IT CAN AFFECT HOW WE THINK, FEEL, AND ACT

HOW CAN I TELL IF I AM STRUGGLING WITH MY MENTAL HEALTH?

- FEELINGS OF HOPELESSNESS AND WORTHLESSNESS
- TOO MUCH OR TOO LITTLE SLEEP
- DIFFICULTY CONCENTRATING
- DIFFICULTY COMMUNICATING OR MAINTAINING RELATIONSHIPS
- EATING TOO MUCH OR TOO LITTLE
- FEELING VERY NERVOUS OR ANXIOUS ABOUT ROUTINE ACTIVITIES
- SUBSTANCE USE
- LOW MOTIVATION AND/OR ENERGY LEVELS
- LACK OF INTEREST IN ACTIVITIES THAT USED TO BE ENJOYABLE
- SELF-HARM – FOR EXAMPLE: CUTTING OR BURNING
- THINKING ABOUT DEATH OR HAVING THOUGHTS OF SUICIDE
- OVERLY INTERESTED OR INVOLVED IN RISKY ACTIVITIES
- EXPRESSING BIZARRE IDEAS OR PARANOID THOUGHTS
- EXPERIENCING HALLUCINATIONS, SUCH AS HEARING VOICES
- INCREASED IRRITABILITY, ANGER, OR HOSTILITY
- LACK OF ATTENTION TO PERSONAL HYGEINE OR APPEARANCE

WHAT HELPS YOUR MENTAL HEALTH?

MEDITATION & MINDFULNESS
- BRING YOUR ATTENTION TO YOUR SURROUNDINGS. QUIET YOUR MIND AND THOUGHTS IN A CALM ENVIRONMENT AND PRACTICE MINDFUL BREATHING.

GROUNDING SKILLS
- FIND FIVE THINGS YOU CAN SEE, FOUR THINGS YOU CAN TOUCH, THREE THINGS YOU CAN HEAR, TWO THINGS YOU CAN SMELL, AND ONE THING YOU CAN TASTE

JOURNALING
- WRITE DOWN ALL YOUR THOUGHTS AND EXPERIENCES TO HELP PROCESS AND MAKE SENSE OF THEM

PHYSICAL ACTIVITY
- INCLUDE YOUR FAVORITE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE TO IMPROVE YOUR SENSE OF WELLBEING

SELF-COMPASSION
- THE ABILITY OT TREAT YOURSELF WITH KINDNESS AND UNDERSTANDING LIKE YOU WOULD TREAT A DEAR FRIEND

ENJOY A HOBBY
- SPEND TIME DOING SOMETHING POSITIVE THAT BRINGS YOU JOY, LIKE; READING, CREATING ART, OR GARDENING

CONNECT WITH OTHERS
- SPEND TIME WTIH FRIENDS AND LOVED ONES OR SEEK COUNSELING OR THERAPY

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
- THINKING ABOUT THE WORST-CASE SCENARIO
- ISOLATING YOURSELF FROM YOUR SUPPORT SYSTEM
- NOT TALKING ABOUT IT WITH A TRUSTED ADULT

SCHOOL RESOURCES

DAYBREAK HEALTH (Tele-Therapy at home)
See your school counselor for a referral.

SCHOOL BASED COUNSELING SERVICES
(For those with Medi-Cal coverage or private insurance)
See your school counselor for a referral.

CARE SOLACE (888) 515-0595
Care Solace is a free resource that can help you find mental health support.

SCHOOL COUNSELOR: _____

WELLNESS CENTER SOCIAL WORKER: _____

SCHOOL PSYCHOLOGIST: _____

BEHAVIORAL HEALTH VIRTUAL SERVICE:
Soluna (13-25 yrs. old)



NATIONAL CRISIS HELPLINES

SUICIDE AND CRISIS LIFELINE 988

NATIONAL HELPLINE Text HELP to (800) 662-4357

CRISIS TEXT LINE Text HELP or HELLO to 741741

TREVOR PROJECT TEXT LINE Text START to 678-678

LOCAL RESOURCES

BEHAVIORAL HEALTH URGENT CARE ("BUCK") 562-548-6565
3210 Long Beach Blvd. Long Beach, CA 90807

SAY SOMETHING ANONYMOUS REPORTING SYSTEM
sandyhookpromise.org/say-something-tips

LONG BEACH UNIFIED • SCHOOL • DISTRICT

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