

# YOUR MENTAL HEALTH MATTERS

## What can I do to manage my mental health?

You can practice the following coping strategies when you notice your feelings, behaviors, or thoughts are becoming difficult to manage.



**Spend time twith your friends**



**Exercise**



**Go Outdoors**



**Deep Breathing Exercises**



**Journaling**



**Talk to a trusted adult**

## What is Mental Health?

Mental health is how we feel, think, and act. It affects our emotions, thoughts, and behaviors. Taking care of our mental health helps us handle stress, build positive relationships, and enjoy life.

**Remember that your mental health is a priority, and it's okay to seek help when you need it.**

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

If you start to notice any of the following you may be struggling with your mental health.

- anxiety
- depression
- eating disorders
- intrusive thoughts



**While some coping strategies may offer temporary relief, be cautious of negative coping strategies that can negatively impact your physical and mental well-being such as:**

- substance abuse
- violence
- self-harm
- isolation



## Mental Health Support Resources

Contact your school counselor

Crisis Text Line - Text "HOME" to 741741

National Suicide Prevention Lifeline - Dial 988

National Domestic Violence Hotline - Text "START" to 88788

National Domestic Violence Hotline - Call 1-800-799-SAFE (7233)

