



*Be kind to your mind!*

# Your Mental Health Matters

Life is full of challenges.

When you feel stressed, make sure to practice healthy coping strategies:

deep breathing

journaling

listening to music

working out

taking a walk

making art

practicing gratitude

And avoid negative coping strategies like substance abuse (self-medicating), catastrophizing, shutting down/isolating, violence towards others, and/or self-harm.

Are you struggling with any of the following?

- Frequent feelings of loneliness, anxiety, non-stop worrying, confusion, and/or depression
- Thoughts of suicide or of harming yourself in any way
- Difficulty controlling your emotions and maintaining healthy relationships
- Obsessive and/or compulsive thoughts/behaviors, hallucinations, paranoia

If so, you don't have to suffer in silence.

There are many ways to seek support:

At school, reach out to your clinician, teachers, and support staff.  
Let someone know how you're feeling.

## 988 Suicide & Crisis Lifeline

If you or someone you know needs help now,  
**Call or Text 988 or Chat 988Lifeline.org**  
988 is an alternative to calling 911 for people who are struggling with mental health and substance abuse issues. Get immediate support from a mental health professional without involving law enforcement.

## Teen Line

**Call 800.852.8336** (6-10pm)  
**or Text 'TEEN' to 839863** (6-9pm)  
Professionally trained teen listeners provide support, hope, and resources.

## SAMSA

(Substance Abuse & Mental Health Services Hotline)  
**800.662.4357**

Developed by Mental Health Clinicians in compliance with EC 49428.5 and AB 748