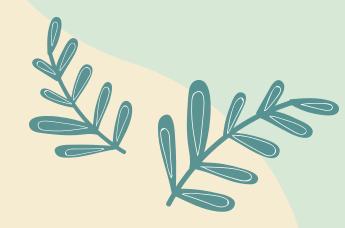
Bekind to Your Mind!



Having a hard day?

Try some of these coping strategies to boost your everyday well-being!

Practice deep breathing

Spend time in nature

Write in a journal

Play with a friend

Meditate

Exercise



Spend time with family

Practice gratitude



Make sure to avoid unhealthy coping strategies:

Drug & alcohol use

Isolation

Self-harm

Are you feeling any of the following?

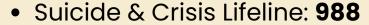
- Often Feeling sad, lonely, anxious or depressed
- Not being able to control your emotions
- Lost interest in things that were once enjoyable
- Having thoughts of suicide or harming yourself

If yes, let's find some support.

Mental Health Support & Resources

- Mental Health Therapist
- **School Psychologist**
- Counselor
- **ANY Trusted Adult**





Crisis Text Line: Text "Home" to 741741

Date: 07/2024

• Substance Abuse & Mental Health Services Administration Hotline: 1 (800) 662-4357





