Check In On Your
Mental Health

What is mental health?

Mental health includes our **emotional, psychological**, and **social** well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

There are many things that can impact our mental health.

Try practicing some healthy coping strategies to help boost your everyday well-being like:

- Write down your thoughts
- Spend time with friends
- Mindful breathing, stretching, or meditating
- Go for a walk, try yoga, or exercise
- Talk to a trusted adult
- Practice gratitude

Avoid unhealthy coping strategies like:

- Drug & alcohol use
- Isolation
- Self-harm

If you're feeling any of the following, let's find some support!

Often feeling sad, lonely, anxious or depressed

Unable to control emotions

Lost interest in things that were once enjoyable

Having thoughts of suicide or harming yourself

Mental Health Support & Resources

- School Counselor: _____
- School Psychologist: _____
- School Social Worker: _____

- Suicide & Crisis Lifeline: **988**
- Crisis Text Line: Text "Home" to **741741**
- Substance Abuse & Mental Health Services Administration Hotline: **1 (800) 662-4357**