

MENTAL HEALTH & WELLNESS RESOURCES FOR STUDENTS, STAFF, AND SCHOOL COMMUNITIES



What Helps Your Mental Health - Positive Coping Strategies to Use



- **Connect with Others:** Spend time with friends and loved ones, or seek support if needed.
- **Journaling:** Write down all your thoughts and experiences to help process or make sense of them.
- **Meditation:** Quiet your mind and thoughts in a calm environment.
- **Mindfulness:** Bring your attention to your surroundings
- **Movement:** Include your favorite physical activity in your daily time to improve your well-being
- **Self-Compassion:** *Treat yourself with kindness and understanding, like you would treat a dear friend*



Calming & Effective Wellness Practices to Try

- **Breathing Exercises:** *calm your mind with your breath. Breathe in 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds.*
- **Grounding Skills:** *find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.*

What Doesn't Help Your Mental Health - Negative Coping Strategies to Avoid



- **Avoidance and procrastination**
- **Substance abuse** including self-medicating with substances, or other unhealthy habits
- **Violence and abuse**
- **Hurting yourself or others**
- **Disconnecting from your thoughts or emotions**
- **Thinking about the worst-case scenario**
- **Isolating yourself from your support system**
- **Not talking about your feelings or not seeking help from a trusted adult(s)**

Signs Your Mental Health Needs Attention!

- Feelings of hopelessness and worthlessness
- Extreme self-consciousness or sensitivity to criticism
- Difficulty communicating and or maintaining relationships
- Eating too much or too little
- Low energy, no interest in activities, usually enjoyed
- Overly interested or involved in risky activities and behaviors (substance use, unsafe acts)
- Less attention to personal hygiene or appearance
- Significant changes in school performance or frequent absences
- Experiencing obtrusive, bizarre or paranoid thoughts
- Experiencing hallucinations (visions) or hearing voices
- Increased irritability, anger or hostility
- Self-harm - could include cutting or burning
- **Thinking about death or thoughts of suicide, talk to a trusted adult for help & call 9-8-8 ASAP!**



ASKING Coping Resources Available 24 - 7

for HELP
is OK

SDUHSD Virtual Calm Room

(access QR Code to right)



SDCOE Mental Health Supports

www.sdcode.net/students/health-well-being

Quick 24/7 Helplines

(also on student ID cards)



Suicide & Crisis Lifeline Dial 9-8-8

National Helpline Text 'HELP' to 1-800-622-4357

Crisis Text Line Text Help or Hello to 741741

Substance Abuse: SD County Substance Use Disorder Service 1-888-724-7240

www.sandiegocounty.gov/hhsa/programs/bhs/



School-Based Resources

Care Solace: free resource with a 24/7 concierge to help you find mental health support in multiple languages 1-888-515-0595 www.caresolace.com/sduhsdfamilies

School Counselors, Social Workers, and Psychologists: School Counseling Offices are open every day during school hours.

Suicide Prevention Resources



- **Take Action for Mental Health**, www.takeaction4mh.com
- **CA Mental Health Services Authority**, www.calmhsa.org
- **American Foundation Suicide Prevention**, www.afsp.org

**For community members who may be struggling with mental health symptoms and concerns, including but not limited to anxiety, depression, eating disorders, emotional regulation, bipolar episodes and schizophrenic episodes the following organizations host a wealth of resources:*

Mental Health America (MHA) www.mhanational.org
American Psychological Association (APA) www.apa.org/topics
National Alliance for Mental Illness (NAMI)
www.nami.org/home
US Dept. of Health (SAMHSA) www.samhsa.gov/mental-health

Earl Warren Middle School

155 Stevens Avenue | Solana Beach, CA 92075

(858) 755-1558 Counseling Office ext. 4410

**Please refer to QR code & bit.ly/EWSupportStaff contact information.*

