

Your Mental Health is as Important as Your Physical Health

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.



SIGNS TO WATCH OUT FOR

- Are you feeling sad, lonely, anxious or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better?
- Do you harm yourself?
- Do you just want to be alone?

MENTAL HEALTH RESOURCES

School Counselor:
(530) 538-2940

School Wellness Center:
(530) 282-5559

School Peer Counselor:
N/A

Crisis Text Line:
Text **"TALK"** to **741741**

Suicide & Crisis Lifeline:
988