## 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.

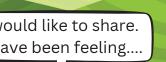


Breath, stretch, relax

Inhale for 4. hold for 7, exhale for 8

> l can do this!

I would like to share. I have been feeling....







## 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:

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