

WE ALL HAVE GOOD DAYS AND BAD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

Practical coping strategies for everyday well-being



✓ Spend time in nature



✓ Stay hydrated



✓ Get enough sleep



✓ Exercise



✓ Connect with others



✓ Eat healthy food



✓ Do yoga



✓ Practice gratitude

Mental health is just as important as physical health. Just because you can't see it doesn't mean it's not there.

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or feel bad about yourself?
- Do you drink or smoke to feel better?

If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.

Insert
QR Code

MENTAL HEALTH RESOURCES

School Contact:

Crisis Text Line:

Text "TALK" to 741741

Suicide & Crisis Lifeline:

Call/text 988

or chat at 988lifeline.org/chat

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