

Your Mental Health is as Important as Your Physical Health!



Everyday coping strategies can help reduce unpleasant thoughts, feelings, and behaviors

Listen to music,
podcasts, books



Read,
draw, write,
journal



Breathe,
move, relax



Move! Dance!
Feel the beat!



Talk it out
or be a
listener



be kind to
YOURSELF

What to pay attention to...

- Do you frequently feel sad, lonely, anxious or depressed?
- Do you frequently have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better?
- Do you harm or think about harming yourself?
- Do you just want to be alone all the time?

How to Access Help at School and in the Community

- Ask for help: talk to a school counselor, social worker or wellness staff member
- For 24/7 urgent crisis support, call or tex 988 for immediate assistance
- Text crisis hotline: Text MARIN to 741741
- Scan the QR code for additional local resources



For more information, visit nUSD.org/wellness or contact your school principal, teacher, school counselor, wellness hub, or other trusted adult to ask for help

