



Family Partnership Charter School Mental Health Awareness and Resources

Available through FPCS:

- School-based counseling services – whenever a student is having a difficult time due to academic stress, transition to changes in their environment, or social concerns; including isolation, you or your child are encouraged to contact a Charter School staff member for support. Counseling is a voluntary service provided by an outside agency and is available to all students. Contact the Center Coordinator or call the Admin office at (805) 348-3333, extension 1 for more information.

Available in the Community:

- County Mental Health Contacts:
 - Santa Barbara County Behavioral Health: (805) 965-1001
 - SLO County Behavioral Health: 1-800-838-1381
- Suicide Prevention Hotlines:
 - Santa Maria Hotline: (805) 928-5818
 - San Luis Obispo Hotline: English: 1-800-273-8255 *Spanish: 1-888-628-9454*
- Domestic Violence Contact:
 - Stand Strong: (805) 781-6400, ext 2

Available Nationally:

- **National Suicide Prevention Hotline** - Call 988 or 1-800-273-8255
- The Trevor Project - provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. 1-866-488-7386 or visit <https://www.thetrevorproject.org/>.
- Big Brothers/Big Sisters of America – a community-based mentorship program. Call (813) 720-8778 or visit <https://www.bbbs.org>

Common Behaviors and Signs of a Mental Health Issue

Anxiety	Changes in eating habits	Avoiding friends and social activities	Multiple physical ailments
Feeling depressed	Excessive fear & worrying	Prolonged feelings of anger & irritability	Extreme mood changes

Positive Coping Strategies to Use

Mindful meditation or journaling	Exercising or Yoga	Breathing exercises	Engaging in a hobby or volunteering
Practicing self-care	Getting outside to enjoying nature	Staying connected with family & friends	Asking for help or seeing a professional

Negative Coping Strategies to Avoid

Avoiding Emotions	Over or under eating	Doomscrolling (<i>scrolling social media even if it brings up difficult emotions</i>)	Isolating from friends and family
Impulsive or risky behaviors	Self-harm or compulsive behaviors	Violence and abuse	Substance abuse or self-medicating