



***What Helps Your Mental Health -
Positive Coping Strategies to Use***

- **Mindfulness:** Bring your attention to your surroundings:
- **Movement:** Include your favorite physical activity in your daily routine to improve your well-being.
- **Breathing Exercises:** Calm your mind with your breath. Breathe in 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds.
- **Grounding Skills:** Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste
- **Self-Compassion:** Treat yourself with kindness and understanding, like you would treat a dear friend.
- **Connect With Others:** Spend time with friends and loved ones, or seek therapy.
- **Journaling:** Write down all your thoughts and experiences to help process or make sense of them.
- **Meditation:** Quiet your mind and thoughts in a calm environment.

***What Doesn't Help Your Mental Health -
Negative Coping Strategies to Avoid***

- **Avoidance and procrastination**
- **Substance abuse**, self-medicating with substances, or other unhealthy habits
- **Violence and abuse**
- **Hurting yourself or others**
- **Disconnecting from your thoughts** or emotions
- **Thinking about the worst-case scenario**
- **Isolating yourself from your support system**
- **Not talking about it with a trusted adult**

24/7 Coping Resources

[SDUHSD Virtual Calm Room](#) (access QR code below)



SDCOE Mental Health Supports webpage
www.sdcoe.net/students/health-well-being/

Signs Your Mental Health Needs Attention

- Feelings of hopelessness and worthlessness
- Extreme self-consciousness or sensitivity to criticism
- Difficulty communicating or maintaining relationships
- Eating too much or too little
- Low energy, no interest in activities, usually enjoyed
- Overly interested or involved in risky activities and behaviors (substance use, unsafe acts)
- Less attention to personal hygiene or appearance
- Significant changes in school performance or frequent absences from school
- Experiencing obtrusive, bizarre, or paranoid thoughts
- Experiencing hallucinations, hearing voices
- Increased irritability, anger, or hostility
- Self-harm — for example, cutting or burning
- Thinking about death or thoughts of suicide

Quick 24/7 Helplines (on student ID cards)
Suicide & Crisis Lifeline Dial 9-8-8
National Helpline Text 'HELP' to 1-800-622-4357
Crisis Text Line Text Help or Hello to 741741
Trevor Project Text Line Text 'START' to 678-678

SUBSTANCE ABUSE

SD County Substance Use Disorder Service
1-888-724-7240 www.sandiegocounty.gov/hhsa/programs/bhs/

School Resources

**School Counselors, School Social Workers &
School School Psychologists - The Counseling
Office is open every day during school hours.**

Care Solace: free resource with a 24/7 concierge to help
you find mental health support in multiple languages
1-888-515-0595 www.caresolace.com/sduhsdfamilies

****Call the main school phone number for
non-emergency assistance at any time.***

Suicide Prevention

Take Action for Mental Health
www.takeaction4mh.com
CA Mental Health Services Authority
www.calmhsa.org/
American Foundation for Suicide Prevention
www.afsp.org

**For community members who may be struggling
with symptoms related to mental health concerns,
including but not limited to anxiety, depression,
eating disorders, emotional dysregulation, bipolar
episodes, and schizophrenic episodes, the following
organizations host a wealth of resources,*

Mental Health America (MHA)
www.mhanational.org
American Psychological Association (APA)
www.apa.org/topics
National Alliance for Mental Illness (NAMI)
www.nami.org/Home
US Department of Health (SAMHSA)
www.samhsa.gov/mental-health



Diegueño Middle School
2150 Village Park Way
Encinitas, CA 92024
(760) 944-1802 Counseling Office ext. 6604

****Please refer to the QR code & bit.ly for a list of DNO contact
information for students, families, and community***

