



What Helps Your Mental Health - Positive Coping Strategies to Use	What Doesn't Help Your Mental Health - Negative Coping Strategies to Avoid
● 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.	● 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/	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 <i>*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,</i> Mental Health America (MHA) www.mhanational.org American Psychological Association (APA) www.apa.org/topics National Alliance for Mental Illness (NAMI) ww.nami.org/Home US Department of Health (SAMHSA) www.samhsa.gov/mental-health
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 <i>*Call the main school phone number for non-emergency assistance at any time.</i>	
 Pacific Trails Middle School 5975 Village Center Loop Road San Diego, CA 92130 (858) 509-1000 Counseling Office ext. 4606 <i>*Please refer to the QR code & bit.ly for a list of PTMS contact information for students, families, and community</i> bit.ly/PTMSSupportStaff 	