

# Take charge of your **Mental Health**

**As a busy student, it's always important to regularly evaluate your own mental health. Are you feeling sad or worried or stressed lately? Make sure to seek help when you need it. Take a moment to check in with yourself and learn about the many resources available to assist you.**

## SEEK HELP IF YOU'RE EXPERIENCING:

### Thoughts about suicide

You have/had past, present, or future thoughts about dying.

### Feeling isolated

You have lost motivation to do things. You may feel that you don't want to go out and want to spend most of your time alone.

### Changes in school performance

You have lost interest in your education. You no longer make an effort to get passing grades, attend regularly, and/or participate in school activities/sports.

### Loss of interest

You have lost interest in activities that used to give you pleasure: food, music, sports, art, school and/or other hobbies, etc.

### Trouble focusing

You can't concentrate enough to do your usual tasks or follow conversations with friends or family.

### Short temper

You're easily irritated and react negatively to people you care about.

## USE THE RIGHT COPING SKILLS:

### Healthy

- Meditation & Mindfulness
- Yoga & Breathing exercises
- Working out or exercising
- Grounding by focusing on the five senses
- Journaling
- Acceptance
- Seeking therapy
- Talk with a safe person; family or friend

**VS**

### Unhealthy

- Criticizing yourself with negative self-talk
- Becoming aggressive or violent
- Eating too much or too little
- Substance use / Self medicating (smoking, drugs or alcohol)
- Avoidance: avoiding family or friends / avoiding personal problems

## SCHOOL RESOURCES

- Ms. Fisher, Counselor (747) 251-0091
- Mr. Kelly, Counselor (619) 452-0198
- Ms. Meeks, Counselor (747) 264-5681

Meet with a Counselor or Attend a School Event: <http://bit.ly/missionacademyevents>

## NATIONAL HELPLINES

- National Suicide Prevention Lifeline: 988
- Teen Line Nationwide: CALL 800-852-8336 (6 PM - 10 PM PST)
- TEXT TEEN to 839863 (6 PM - 9 PM PST)
- Trevor Project (LGBTQ+): 866-488-7386
- Rainn (Sexual Assault): 800-656-4673
- Self Report Child Abuse: 800-422-4453