

Your Mental Health is as Important as Your Physical Health

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.

Enjoy a fun activity

I am grateful for...

Breath, stretch, relax

Inhale for 4, hold for 7, exhale for 8

I can do this!

I'd like to share how I've been feeling...



Signs to Watch Out For

- Are you feeling sad, lonely, anxious, or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better?
- Do you harm yourself?
- Do you just want to be alone?



MENTAL HEALTH RESOURCES

School Contact:

Coral Prendergast
cprendergast@sageoak.education

&
Allie Whalen
awhalen@sageoak.education

Crisis Text Line:

Text **"TALK"** to **741741**

Suicide & Crisis Lifeline:

Call/text 988

or chat at 988lifeline.org/chat