



# Mental Health

## What Should Students Know?

### Signs/Symptoms

- Sleep Difficulties
- Low Energy
- Negative Thoughts
- Nervousness
- Isolation
- Feeling sad/angry
- Eating Difficulties

### Coping Skills to Use

- Meditation
- Mindfulness
- Yoga
- Breathing Exercises
- Grounding Skills
- Journaling
- Acceptance
- Seek Therapy

### Resources

#### School Site Resources

- [Counseling Website](#)
- [Counselors Contact Info](#)
- [Care Solace](#)

#### Community Resources

- National Suicide Prevention Hotline- 1-800-273-8255
- Crisis Text Line- Text HOME to 741741 anywhere in the US

### Coping Skills to AVOID

- Substance Abuse
- Self-Medication
- Violence & Abuse
- Self-Harm
- Compulsivity
- Isolating
- Compulsivity

