

MENTAL HEALTH STUDENT RESOURCES

Mental health can affect how we **think, act,** and **feel.**

WHAT CAN IMPACT OUR MENTAL HEALTH?

- Stress
- Our environment
- School/work
- Family and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

WHAT ARE SOME SIGNS THAT SOMEONE IS STRUGGLING WITH THEIR MENTAL HEALTH?

- Too much or too little sleep
- Over/under eating
- Lack of motivation
- Irritability
- Difficulty concentrating
- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Hearing voices or seeing things that are not there
- Thoughts of death or dying

WHAT CAN WE DO TO MANAGE OUR MENTAL HEALTH?

The following are positive coping skills that you can practice when you notice your feelings, thoughts, or behaviors becoming harder to manage:

♥+ Practice deep breathing
(*inhale for 4, hold for 7,
exhale for 8*)

♥+ Go for a walk

♥+ Talk to a counselor
or therapist

♥+ Journal

♥+ Exercise

♥+ Meditate

♥+ Practice yoga

WHERE CAN YOU GO TO GET HELP?

School Psychologist
Crystal Collins
707-572-6846

School Psych/Admin
Nichole Dollarhide
707-572-0099

Humboldt 24/7 Crisis Hotline
707-445-7715

National Suicide
Prevention Lifeline
Dial **988**

Crisis Text Line
Text "**HOME**" to **741741**



Scan me

FOR ADDITIONAL RESOURCES

