

# STUDENT MENTAL HEALTH SUPPORT

## WHAT IS MENTAL HEALTH?

MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH.  
IT AFFECTS HOW WE THINK, FEEL, AND ACT.

## WHERE CAN I GO TO GET HELP?

### AT SCHOOL:

- ADMINISTRATORS
- SCHOOL COUNSELORS
- TEACHERS
- MMS WELLNESS CENTER
- ANY TRUSTED ADULT
- WELLNESS CENTER



### AT HOME OR IN THE COMMUNITY:

- 24-HOUR SUICIDE CRISIS LINE: 988
- CRISIS TEXT LINE: TEXT "TALK" TO 741741
- SANTA CLARA COUNTY: 800.704.0900
- SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES: 800.662.HELP (4357)



TO TALK TO A SCHOOL-BASED  
THERAPIST FOR  
NON-EMERGENCY SUPPORT:

[CAMPBELLUSD.ORG/QUICKTIPS](https://campbellusd.org/quicktips)

## HOW CAN I MANAGE MY MENTAL HEALTH?

THE FOLLOWING ARE POSITIVE COPING SKILLS THAT YOU CAN PRACTICE  
WHEN YOU NOTICE YOUR FEELINGS, THOUGHTS, OR BEHAVIORS ARE  
BECOMING HARDER TO MANAGE:

- PRACTICE DEEP BREATHING
- MEDITATE
- GO FOR A WALK
- JOURNAL
- TALK TO A COUNSELOR/THERAPIST
- EXERCISE



## WHAT CAN IMPACT MY MENTAL HEALTH?

- STRESS
- ENVIRONMENT
- SCHOOL/WORK
- FAMILY AND FRIENDS
- SUDDEN CHANGES TO OUR ROUTINES
- BIOLOGICAL FACTORS
- GRIEF AND LOSS
- ALCOHOL OR DRUG USE



## HOW CAN I TELL IF I AM STRUGGLING WITH MY MENTAL HEALTH?

THE FOLLOWING BEHAVIORS CAN BE A SIGN OF STRUGGLING  
WITH MENTAL HEALTH:

- TOO MUCH OR TOO LITTLE SLEEP
- OVER/UNDER EATING
- DIFFICULTY CONCENTRATING
- LACK OF MOTIVATION
- WISHING TO BE ALONE FOR LONG PERIODS OF TIME
- LACK OF INTEREST IN THINGS THAT USED TO BE ENJOYABLE
- IRRITABILITY
- HEARING VOICES OR SEEING THINGS THAT ARE NOT THERE
- THOUGHTS OF DEATH OR DYING

## BEWARE OF COPING SKILLS THAT CAN BE HARMFUL IN THE LONG RUN

SOME COPING SKILLS MAY MAKE YOU FEEL RELIEVED AND  
IMPROVE YOUR MOOD TEMPORARILY. HOWEVER, SOME CAN  
HAVE LONGER-LASTING NEGATIVE EFFECTS ON YOUR  
MENTAL HEALTH, SUCH AS:

- DRUG AND ALCOHOL USE
- RISKY SEXUAL BEHAVIORS
- NEGATIVE PEER ASSOCIATIONS
- ISOLATING
- SELF-HARMING BEHAVIORS

