

# MENTAL HEALTH CARE



Are you struggling with anxiety, depression, an eating disorder, emotional distress or other mental health crisis? We are here to support you.

Visit the school counselor's office or the school office or ask a teacher or support staff for assistance.

## Negative Coping Strategies

- Self-medication
- Violence
- Abuse
- Self-harm
- Compulsivity
- Dissociation
- Isolating
- Catastrophizing
- Isolating

## Positive Coping Strategies

- Meditation
- Mindfulness
- Yoga
- Breathing exercises
- Grounding skills
- Journaling
- Acceptance
- Seeking therapy

Call for Support  
Suicide & Crisis  
Lifeline at 988

Call 211 for support  
Every call is confidential

You are not alone!