



MENTAL HEALTH STUDENT RESOURCES

MENTAL HEALTH

can effect how we **think, feel** and **act**

WHAT IMPACTS OUR MENTAL HEALTH?



- Stress
- Environment
- School/Work
- Family and friends
- Sudden changes in 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

WELLNESS STRATEGIES

WHAT CAN WE DO TO MANAGE OUR MENTAL HEALTH?



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

- Journal
- Talk to a counselor or therapist
- Exercise/Go for a Walk
- Practice deep breathing (inhale for 4, hold for 7, exhale for 8)
- Eat Healthy
- Practice yoga/Meditate
- Drink water
- Listen to music
- Chew on Gum/Mints
- Ask for HELP! Talk to a friend or a trusted adult

WHERE CAN YOU GO FOR HELP?

MENTAL HEALTH SUPPORT RESOURCES

IN CASE OF EMERGENCY

If you or someone you know is in immediate danger of hurting themselves or others, contact 911

■ 988 Suicide and Crisis Lifeline

Call Text or Chat: 988

<https://988lifeline.org/>

■ National SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

<https://suicidelifeline.org/>

■ Crisis Text Line

Text HOME to 741741

<https://crisistextline.org/>

■ San Joaquin County Crisis Line

(209) 468-8686

■ San Joaquin County Youth Warm Line

(209) 468-3685

■ Trevor Project

1-866-488-7386

Text **START** to 678678

www.thetrevorproject.org

■ SUSD School Counselors

www.stocktonusd.net/counselors

■ SUSD Mental Health & Behavior Support Services

www.stocktonusd.net/mhbss

■ Child Abuse Hotline

1-800-4-ACHILD (224453)

childhelp.org

■ National Domestic Violence Hotline

1-800-799-SAFE (7233)

Text **LOVE IS** to 22522

<https://www.thehotline.org/help/>



Joy
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AND
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SUSD
Stockton Unified School District
Since 1852

Spanos Elementary School (209)933-7335

WWW.STOCKTONUSD.NET/SPANOS

*when school is in session

School Psychologists

(name/extension)

Sarah Hendricks x2510

School Nurse

(name/extension)

Brittany Goodman (209)471-0176

School Counselors

(name/extension)

Sue Tran Wong x3011

Mental Health Clinician

(name/extension)

Sharee Fitzgerald (209)662-5913