MENTAL HEALTH

MENTAL HEALTH IS:

- IMPORTANT
- PART OF BEING HUMAN
- LINKED TO PHYSICAL HEALTH
- CHANGEABLE
- WORTH MAKING TIME FOR

COMMON WARNING SIGNS

- Feeling sad or withdrawn for more than 2 weeks
- Severe problems that cause problems in relationships
- Having thoughts about hurting or killing yourself
- Using drugs and alcohol to feel better
- Extreme difficulty concentrating in school
- Intense worries or fears that get in the way of hanging out with friends or going to class
DIFFERENT WAYS TO PRACTICE SELF-CARE

- Do some of your favorite things
- Take a break and breathe
- Disconnect from social media
- Listen to music
- Talk to a friend or safe adult

Need Support? Reach out to a staff member!
Ms. Maldonado, PSW 213-725-5600 Ext 1262