

Mental Health Matters

Taking care of your emotional wellbeing is just as important as taking care of your physical health.

TRY THESE CALMING STRATEGIES:

- Take a walk Connect with others
- Get a good night's sleep Stretch or do yoga
- Eat nutritious food Exercise

- Stay hydrated
- Practice gratitude
- Spend time in nature

SIGNS THAT YOU OR A LOVED ONE NEEDS HELP:

- Feeling sad or hopeless
- Losing interest in things that once brought joy
- Thoughts of suicide and self-harm
- Feeling like a failure or bad about yourself
- Substance use to feel better

Mental Health Support:

Suicide Prevention Hotline - call 9-8-8

Crisis Text Line - text HOME to 741741

The Source/emotional and social support for youth and caregivers - call or text 916-SUPPORT (787-7678)

Cal HOPE/emotional support - call (833) 317-4673

Care Solace - call (888) 515-0595 or visit https://www.caresolace.com/saccityusd



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