

Your Mental Health is as Important as your Physical Health

Practical coping strategies for everyday well-being that can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act.



What impacts it?



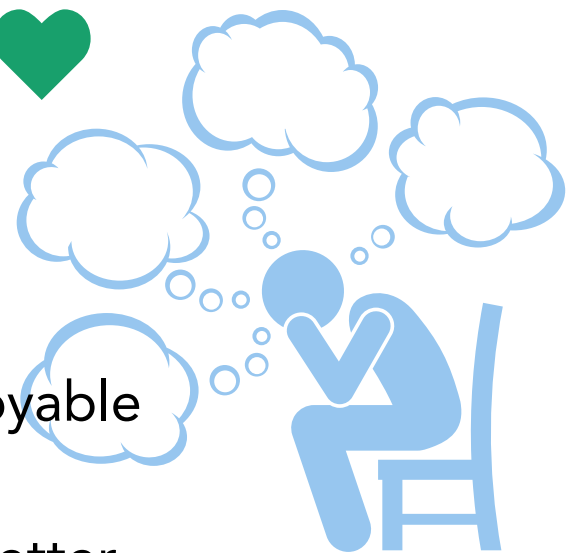
- Stress
- School/work, home, and friends
- Sudden changes to our routines
- Biological factors
- Grief and loss
- Alcohol or drug use

Mental HEALTH

How do I know I am struggling?

- Too much or too little sleep
- Over/undereating
- Difficulty concentrating
- Wishing to be alone for long periods of time
- Harming yourself or thoughts of death or dying
- Feeling irritated, sad, lonely, anxious, or depressed
- Lack of motivation and interest in things that were enjoyable
- Hearing voices or seeing things that are not there
- Relying on smoking, vaping, drugs, or alcohol to feel better

Mental health matters



What can I do to manage my mental health?

- Yoga/Meditation/Deep breathing
- Ride a bike, walk/exercise
- Hang out with friends
- Find a hobby
- Spend time with nature
- Volunteer
- Eat healthy food/Stay hydrated
- Talk to a counselor/therapist



Where can I get help?

At School:

- School Counselor
- School Wellness Center
- School Psychologist
- Any trusted adult

OPUSD Wellness Resources:
Scan me

ASKING FOR HELP IS OK

Community Resources - Call or text

- National Suicide Prevention Lifeline ☎ 988
- Crisis Text Line 📱 "Home" to 741741
- Ventura County ☎ 211 or 📱 zip code to 898-211
- The Trevor Project Lifeline ☎ 1-866-488-7386

