you are not alone.

support is always TEEN GUIDE TO MENTESS HEALTH AND WELLNESS



Taking Care of You and Your Friends' Mental Health



National Suicide Prevention Lifeline

1-800-273-TALK (8255)



National Domestic Violence Hotline 1-800-799-7233 • Text LOVEIS to 22522 Resources for teen dating abuse



Crisis Text Line Text TALK to 741741 to text with a trained counselor for free



Child Abuse Hotline 1-800-344-6000 (24/7) If you or a friend is being hurt or neglected



California Warmline 1-855-845-7415 available 24/7 A non-emergency resource for anyone seeking emotional support



My3 App Define your network and your plan to stay safe my3app.org



The Trevor Project TrevorLifeline: 1-866-488-7386 Text TREVOR to 1-202-304-1200 TrevorChat: Via thetrevorproject.org



MindShift App Strategies to help cope with stress and anxiety

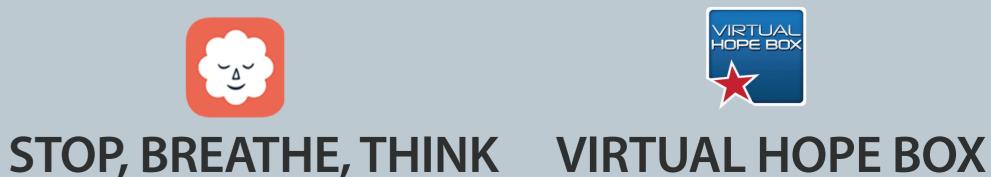
10 SELF-CARE STRATEGIES FOR TEENS

- It's OK to feel overwhelmed. Focus on what you can control, like your breathing and being in the present moment.
- Spend time outside, even if you're avoiding crowds.
- Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- Reach out to whomever and whatever you know helps you.
- Make a list of your favorite songs or movies, and share the list with your friends.
- Challenge negative beliefs about change.
- Find new ways to connect with your friends. Social distancing should not mean social isolation.
- Make your space comfy and cozy.
- Set boundaries with your media consumption.

san diego county office of **FUTURE WITHOUT BOUNDARIES™**







TEEN APPS FOR SELF-CARE

