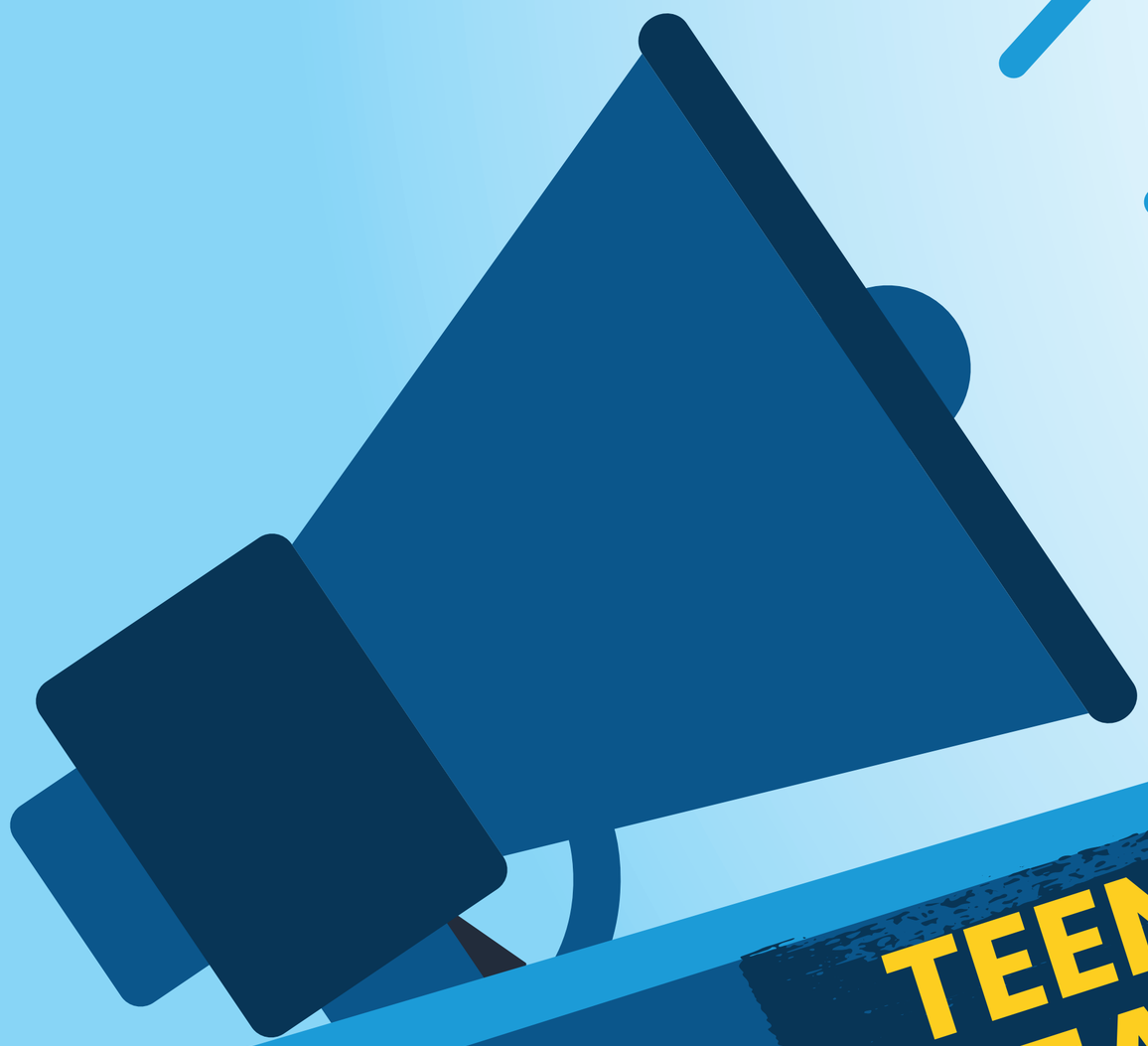

You are not alone.

Support is always available.

TEEN GUIDE TO MENTAL HEALTH AND WELLNESS

san diego county office of EDUCATION

FUTURE WITHOUT BOUNDARIES℠

Taking Care of You and Your Friends' Mental Health

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

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

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

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

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

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

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

MindShift App
Strategies to help cope with stress and anxiety

10 SELF-CARE STRATEGIES FOR TEENS

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

san diego county office of EDUCATION
FUTURE WITHOUT BOUNDARIES℠

TEEN APPS FOR SELF-CARE

GRITX — GRITX

STOP, BREATHE, THINK

VIRTUAL HOPE BOX — VIRTUAL HOPE BOX