

Your Mental Health is as Important as Your Physical Health

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

Find one that works for you.

Aurora High School

What are some examples of things that can impact our mental health?

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



Signs for you and your friends to watch for

- Feeling sad, alone, angry, anxious or depressed
- Regularly have negative thoughts, including thoughts of death
- Unable to control your emotions or behavior
- Rely on alcohol, smoking/vaping or drugs to feel better
- Harm yourself or others
- Feeling like a failure or burden to others
- Too much or too little sleep

MENTAL HEALTH RESOURCES

School Counselor:

760-768-3888 Ext. 4385

School Psychologist:

760-768-3888 Ext. 4479

Behavioral Health Crisis:

1-800-817-5292

Casa Serena:

442-265-1533

Crisis Text Line:

Text **"TALK"** to **741741**

Suicide & Crisis Lifeline: **988**