

THINK POSITIVE, FEEL POSITIVE!



SCHOOL MENTAL HEALTH TIPS

- **Talk to Someone**
 - Reach out to a trusted family member or teacher. There are also helpful resources online such as:
 - Teen Line at 800-252-8336
 - Crisis Text Line: Text HOME to 741-741
 - Mental Health Line: Call or text 988
- **Take Deep Breaths**
 - Focus on your breath, smell the things around you, and listen to your favorite music.
- **Drink Water**
 - Remember to take care of your body, drink plenty of water.
- **Think of the Present**
 - Try short, simple meditations/prayers. There are different apps on your phone that offer meditations.



For more information, visit:
[ihs.gov/mentalhealth/resources](https://www.ihs.gov/mentalhealth/resources)