

# understanding your Mental Health

## COMMON SIGNS OF MENTAL ILLNESS OR CRISIS

- Feeling anxious or worried
- Feeling depressed or unhappy
- Emotional outbursts
- Sleep problems
- Weight or appetite changes
- Quiet or withdrawn
- Substance abuse
- Feeling guilty or worthless
- Changes in behavior or feelings



## SCHOOL-SITE RESOURCES

Are you struggling with anxiety, depression, emotional distress, or other mental health crisis? We are here to support you. Contact the school psychologist at 530-377-0163 or ask a teacher or support staff for assistance.

## LIFELINES

- TEXT HOME to 741741 <sup>24/7</sup>
- TEXT TEEN to 839863 or call 800-852-8336 6 PM - 10 PM PST
- Call or Text 988 <sup>24/7</sup>
- Call 800-273-8255 <sup>24/7</sup>
- LGBTQ youth 866-488-7386 <sup>24/7</sup>
- The Trans Lifeline 877-565-8860

## COMMUNITY RESOURCES

- Shasta County Mental Health (Youth) 530-229-8041 or 888-385-5201
- Hill Country CARE Center 530-691-4446 **FREE SUPPORT**
- Shasta County Resource Hub 211
- Shasta County Health and Human Resources 530-225-5650
- Shasta County Children Services 530-225-5252
- North American Mental Health Services 530-226-7419
- Modoc County Behavioral Health 530-233-6312
- Lassen County Public Health 530-251-8183



## POSITIVE COPING STRATEGIES

- Meditation
- Mindfulness
- Yoga
- Breathing exercises
- Grounding skills
- Journaling
- Acceptance
- Seeking therapy
- Time in nature
- Movement
- New experience
- Music

## NEGATIVE COPING STRATEGIES

- Substance abuse or self medication
- Violence and abuse
- Self-harm
- Compulsivity
- Dissociation
- Catastrophizing
- Isolating
- Mindless scrolling
- Binge watching
- Artificial light
- Distractions