



**McClellan
High
School**

Signs your mental health needs attention

- Feelings of hopelessness and worthlessness
- Difficulty communicating or maintaining relationships
- Eating too much or too little
- Less attention to personal hygiene or appearance
- Low energy levels
- No interest in activities usually enjoyed
- Self-harm — for example, cutting or burning
- Obsessing over outward appearance
- Purging after overeating
- Feeling guilt over food consumption
- Expressing bizarre ideas or paranoid thoughts
- Experiencing hallucinations, such as hearing voices
- Increased irritability, anger, or hostility
- Trouble staying focused and experiencing racing thoughts
- Overly interested or involved in risky activities
- Substance use
- Slowed thinking, speaking, or body movements
- Poor school performance or frequent absences from school
- Talking fast about a lot of different things
- Inability to sit still
- Thinking about death or having thoughts of suicide
- Extreme self-consciousness or sensitivity to criticism
- Recurring fears and worries about routine parts of everyday life
- Chronic complaints about stomach aches or headaches
- An inflated sense of ability, knowledge, and power

What helps your mental health

Meditation:

Quiet your mind and thoughts in a calm environment.

Mindfulness:

Bring your attention to your surroundings.

Physical Activity:

Include your favorite physical activity in your daily routine to improve your sense of wellbeing.

Breathing Exercises:

Calm your mind with breath. Try 4-7-8 breathing. Breathe in 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds.

Grounding Skills:

Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Journaling:

Write down all your thoughts and experiences to help process and make sense of them.

Self-Compassion:

Self-compassion is the ability to treat yourself with kindness and understanding, like you would treat a dear friend.

Connect With Others

Spend time with friends and loved ones or seek therapy. Care Solace is a free resource that can help you find a therapist in your local community.



National Crisis Helplines

- Suicide & Crisis Lifeline.....988
- National Helpline.....Text 'HELP' to 1-800-622-4357
- Crisis Text Line.....Text Help or Hello to 741741
- Trevor Project Text Line.....Text 'START' to 678-678

Community Resource

- Mental Health America (N. Cal).....(916) 364-1642
- Wellspace Health.....(916) 325-5556
- Mental Health Urgent Care.....(916) 520-2460

School Resources

- Care Solace.....(888) 515-0595
- Care Solace is a free resource that can help you find mental health support.
- Twin Rivers Police (Dispatch).....(916) 566-2777
- Sac County Sheriff (non-emer.).....(916) 875-5484

What doesn't help your mental health

- Avoidance and procrastination
- Substance abuse, self medicating with substances, or other unhealthy habits
- Violence and abuse
- Hurting yourself or others
- Disconnecting from your thoughts and emotions
- Thinking about the worst-case scenario
- Isolating yourself from your support system
- Not talking about it with a trusted adult