

Friendships & Mental Health

Show your friends you are there for them by encouraging these coping strategies.



Yoga

Take a class
Stream a video
Download an app



Physical Activity

Ride a bike
Walk
Stretch



Breathing Exercises

Inhale for 4
Hold for 7
Exhale for 8



Volunteer

Animal shelter
Senior living
Food pantry



Find a Hobby

Read
Paint
Dance



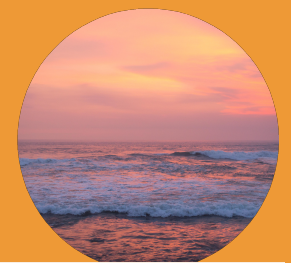
Hang Out with Friends

Go to the park
Watch a movie
Have a game night



Practice Gratitude

Write down things you are grateful for



Spend Time in Nature

Take a hike
Watch the sunset
Stargaze

LOOK OUT FOR YOUR FRIENDS IF THEY...

- ◆ Don't hang out anymore
- ◆ Feel sad or hopeless
- ◆ Are distracted during conversations or activities
- ◆ Have lost interest in activities
- ◆ Have a negative view on life

SUPPORT YOUR FRIENDS BY...

- ◆ Listening to them
- ◆ Inviting them to social gatherings
- ◆ Sending them a care package
- ◆ Encouraging them to get help
- ◆ Offering to call 988 together
- ◆ Letting them know it's okay to ask for help

MENTAL HEALTH SUPPORT RESOURCES

- School counselor: Harninder Mehat – Hmehat@busd.net
- School Social Worker: Arlene Tinajero – Atinajero@busd.net
- School Principal: Carol Mar – Cmar@busd.net
- Assistant Principal: Bryan Williams – Bwilliams@busd.net

- ◆ Text the **CRISIS Line**: Text "TALK" to **741741**
- ◆ Call the **Suicide & Crisis Lifeline**: **988**

