

You are not alone.

Support is always available.

TEEN GUIDE TO MENTAL HEALTH AND WELLNESS



san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIES™

Taking Care of You and Your Friends' Mental Health



National Suicide Prevention Lifeline
1-800-273-TALK (8255)



National Domestic Violence Hotline
1-800-799-7233 • Text LOVEIS to 22522
Resources for teen dating abuse



Crisis Text Line
Text TALK to 741741 to text with a trained counselor for free



Child Abuse Hotline
1-800-344-6000 (24/7)
If you or a friend is being hurt or neglected



California Warmline
1-855-845-7415 available 24/7
A non-emergency resource for anyone seeking emotional support



My3 App
Define your network and your plan to stay safe
my3app.org



The Trevor Project
TrevorLifeline: 1-866-488-7386
Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org



MindShift App
Strategies to help cope with stress and anxiety



10 SELF-CARE STRATEGIES FOR TEENS



- 1** It's OK to feel overwhelmed. Focus on what you can control, like your breathing and being in the present moment.
- 2** Spend time outside, even if you're avoiding crowds.
- 3** Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- 4** Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- 5** Reach out to whomever and whatever you know helps you.
- 6** Make a list of your favorite songs or movies, and share the list with your friends.
- 7** Challenge negative beliefs about change.
- 8** Find new ways to connect with your friends. Social distancing should not mean social isolation.
- 9** Make your space comfy and cozy.
- 10** Set boundaries with your media consumption.

TEEN APPS FOR SELF-CARE



GRITX STOP, BREATHE, THINK VIRTUAL HOPE BOX