



YOUR MENTAL WELLNESS MATTERS!

NEED SOMEONE TO TALK TO THIS WINTER BREAK?

CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential



teen line

Text TEEN to 839863

6pm-9pm

THE HOLIDAYS CAN BE A STRESSFUL TIME PLEASE TAKE CARE OF YOURSELF & YOUR MENTAL HEALTH



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'tis the season

TO ASK YOURSELF...



WHEN do I feel stressed?

Maybe it's missing family members and friends, uncomfortable dinner conversations, feeling lonely out of the blue? Identify when you start to feel stress



WHERE do I feel safe?

You might feel safe at the library, a friend's house, your bedroom/home, or outside on a walk. Seek out safe spaces when you feel stressed.



WHO can I ask for support?

Talk to a trusted adult, family member, friend, coach or mentor to support you when you are feeling stressed.



WHAT calms me down?

Reading a book? Taking a shower? Going on a walk? Listening to music? Journaling? Art? Deep breaths? Do things each day that help you relax.



HOW will I communicate my needs?

Talk to a trusted adult about your concerns, name your feelings (especially to yourself!), and use "I" Statements. ("I feel _____ when _____")

School may be out, but your mental health shouldn't be!

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