

Friendships & Mental Health

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



Yoga



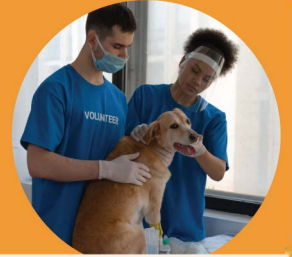
Physical Activity

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

WARNING SIGNS OTHERS MAY BE STRUGGLING WITH THEIR MENTAL HEALTH:

- Don't hang out anymore
- Feel sad or hopeless
- Distracted during conversations or activities
- Loss of interest in activities
- Have a negative view on life

HOW TO SUPPORT OTHERS:

- Listen to them
- Invite them to social gatherings
- Send them a care package
- Encourage them to get help
- Offer to call the Lifeline together
- Let them know it's okay to ask for help



MENTAL HEALTH SUPPORT RESOURCES

- 📞 Contact your school counselor at: 278-8263 or simply Scan the QR Code
- 📞 Text the CRISIS Line: Text "TALK" to 741741
- 📞 Call the Suicide & Crisis Lifeline: 988

