

# Your Mental Health is as Important as Your Physical Health

Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.

Find one that works for you.



## SIGNS TO WATCH OUT FOR

- Are you feeling sad, lonely, anxious or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better?
- Do you harm yourself?
- Do you just want to be alone?

## MENTAL HEALTH RESOURCES

School Psychologist: [Tyler Gomez](#)

School Counselor: [Robin Decker](#)

School Principal: [Sonja Clause](#)

Epic California Academy Office:

**657-220-1000**

National Suicide and Crisis Lifeline: **988**

National Suicide Prevention Hotline:

**1-800-273-8255**

National Domestic Violence Hotline:

**1-800-799-7233**

Crisis Text Line: Text HOME to **741741**

The Trevor Project: Text START to **678678**

Families Experiencing Financial Hardships:

[Click here for info](#)