

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

- 📞 Contact your school counselor
- 📞 Contact your school's psychologist
- 📞 Contact your school's principal
- 📞 Text the CRISIS Line: Text "HOME" to 741741
- 📞 Call the Suicide & Crisis Lifeline: 988
- 📞 Call Substance Abuse & Mental Health Services Admin: 800-662-4357

Ripon Unified
School District