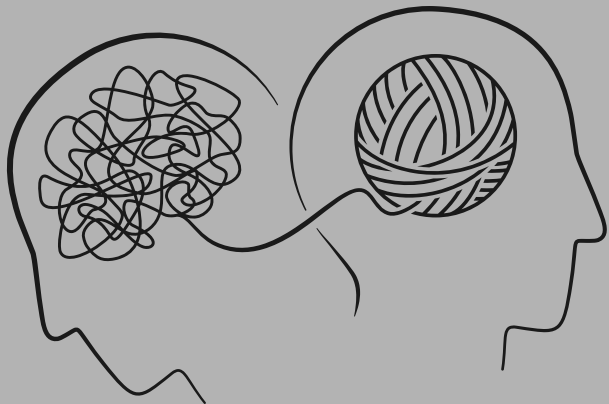


# WHAT CAN BE MENTAL HEALTH WARNING SIGNS?

- LOSING INTEREST IN ACTIVITIES YOU NORMALLY ENJOY
- CHANGES IN SLEEP
- CHANGES IN APPETITE
- DIFFICULTY CONCENTRATING
- MOOD SWINGS
- CHANGES IN GRADES
- WITHDRAWING FROM FAMILY AND FRIENDS
- EXCESSIVE WORRY AND/OR OVERWHELM
- HEADACHES, TENSION, AND/OR BODY PAIN



## In Emergency:

911

988 (Suicide Hotline)

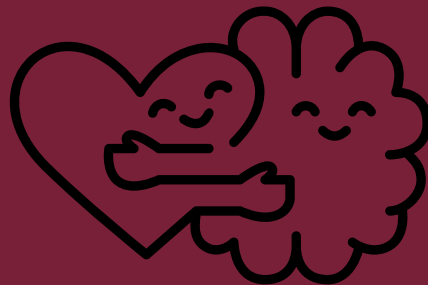
540-981-8181 (Carilion CONNECT)

540-776-1100 (Lewis Gale RESPOND)

540-981-9352 (Sexual Assault  
Response and Awareness Crisis Line)

540-981-9351 (Blue Ridge Behavioral  
Healthcare Crisis Line)

540-387-6087 (Roanoke County  
Department of Social Services)



# *Spartan Mental Health Matters*

# PREPARE AHEAD OF TIME FOR STRESS!

IN YOUR PHONE HIGHLIGHT PEOPLE YOU CAN REACH OUT TO

CREATE A SAFETY PLAN- SEE A COUNSELOR FOR ASSISTANCE

MAKE SURE TO HAVE EMERGENCY NUMBERS AND HOTLINES SAVED

DOWNLOAD AND USE MENTAL HEALTH APPS ON YOUR PHONE

PRIORITIZE GETTING A GOOD NIGHT'S SLEEP



VISIT OUR VIRTUAL CALMING ROOM



VISIT THE SHS COUNSELING PAGE

JOURNAL OR WRITE POETRY

DRAW OR COLOR

MOVE YOUR BODY- STRETCH, DO YOGA, OR EXERCISE

DRINK A FULL GLASS OF WATER

TAKE A NAP

GO OUTSIDE AND OBSERVE NATURE

TAKE A WALK

LISTEN TO MUSIC AND SING OUT LOUD