



**Newsletter for the week of 4/11-4/15/22**

**Recap of last week's topic: What is youth mental health?**

**Mental health (your thoughts, feelings, and emotions) is just as important as physical health. To have a healthy mind, it is important to feel and express your emotions. Coping skills are a great way to positively deal with your emotions. Coping skills are ways to deal with emotions and can be different for everyone (writing, talking to someone, exercise, sports, music, art). If you ever feel like you are struggling or need extra support don't hesitate to reach out to someone.**

**This week's topic: Know your resources**

**There are many resources available to you if you or someone you know needs extra support. Your school social worker, counselor, or teacher can help you get the additional help that you need. You can also text, call, or visit a crisis hotline 24/7:**

**Text HOME to 741741**

**Call 1-800-273-TALK**

**Call 1-800-784-2433**

**Call 1-800-799-4889**

**Visit <https://suicidepreventionlifeline.org/chat>**

**Visit <https://www.crisistextline.org/>**