

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 want to hang out anymore
- Feel sad or hopeless
- Are distracted during conversations
- Have lost interest in activities
- Have a negative view on life activities

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 RESOURCES
School Contact:

Insert
QR Code

Crisis Text Line:
Text "TALK" to 741741
Suicide & Crisis Lifeline:
Call/text 988
or chat at [988lifeline.org/chat](https://www.988lifeline.org/chat)

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