



CUSD C.A.R.E.S. Student Wellness Page



Connect • Act • Receive • Empower • Serve



Teen Lifeline

You are not alone!
If you need help reach out to Teen Lifeline:

602-248-8336 (Teen)

Just like we all have physical health,
we all have mental health.

Mental health
is about our

feelings thoughts
emotions moods

Mental health impacts how we feel,
behave, see the world, and interact
with others.

We can't see mental health, so it's
helpful to talk about it.

We may have big feelings that don't
go away, so it's okay to ask for help.

HOW TO TELL AN ADULT

Can I talk to you about something?
.....

I have something to tell you.
.....

I'm nervous, but I want to let you
know what's going on.
.....

Write a note.
.....

Something happened to me or
my friend that I need to tell you.
.....

Send an email.

If you're going through any type
of problem, a great person to
share your thoughts and feelings
with is your counselor or social
worker. They are good listeners and
can help you with your emotions.

**MY COUNSELOR AND/OR
SOCIAL WORKER IS:**

Blank area for writing the name of the counselor or social worker.

I'M FEELING

- Sad
- Lonely
- Overwhelmed
- Frustrated
- Anxious
- Numb



Teen Lifeline

SO I'LL

- Give myself 20 minutes to sit with the feeling
- Call or text someone
- Take a break: Write down my thoughts
- Recognize what hurt me: Do something pleasant
- Take deep breaths: Challenge negative thoughts
- Reconnect with past feelings: Notice physical feelings

THREE ADULTS I TRUST:

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FEELING STRESSED?

 Color or draw	 Think happy thoughts	 Take deep breaths	 Talk to someone
 Make a list of choices	 Set the timer and take a break	 Read	 Think of a pet
 Look at photos	 Use positive self-talk	 Take a walk or exercise	 Write in a journal

Positive Affirmations:

Choose 1 and repeat to yourself 3-5x.

- ♥ I believe in myself!
- ♥ I may make mistakes, but I choose to learn from them.
- ♥ When there is a bump in the road, I keep going.
- ♥ I can do this!
- ♥ I am me, and no one can take that from me.

Doodles

