

CUSD C.A.R.E.S.

Student Wellness Page



Connect • Act • Receive • Empower • Serve



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:

I'M FEELING

SO I'LL

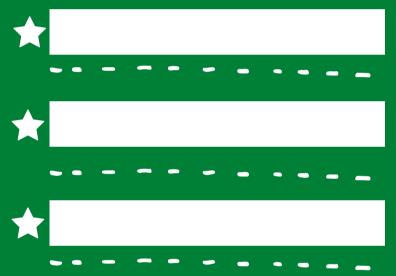
Sad
Lonely
Overwhelmed
Frustrated
Anxious
Numb
Teen Lifeline

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:



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.

FEELING STRESSED?

