

MENTAL HEALTH RESOURCES



Alpine Union School District
Atley Buechler, Associate Clinical Social Worker

MENTAL
health
MATTERS

Where can I get support at school?

Joan MacQueen Middle School:
Ms. Atley, Social Worker

Creekside/MVLA:
Ms. Camryn, Social Worker

Boulder Oaks Elementary School:
Mrs. Smith, Counselor

Shadow Hills Elementary School:
Mrs. Murillo, Social Worker

What is Mental Health?

- It is part of **all** of us
- It includes our emotional, psychological, and social well-being
- It impacts how we think, feel, and act
- It impacts our physical health
- It is important at **every** stage of life
- It determines how we handle stress, relate to others, and make choices



you got this

How do I know if I need support?

- Sleeping a lot or not enough
- Over or under eating
- Feeling sad, nervous, or mad most of the time
- Wanting to be alone for long periods of time
- Lack of motivation and interest in things that used to be enjoyable

YOU ARE NOT ALONE

Coping Skills

Grounding Techniques

Box Breathing

GROUNDING TECHNIQUES FOR THE SENSES

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THINGS YOU CAN TASTE

BOX BREATHING

START HERE

KATIE SAMMANN PSYCHOTHERAPY

Where can I get help in my community?

- San Diego County
24 hour Crisis Line:
(888)-724-7240
- Crisis Text Line:
Text "HOME" to 741741
- National Suicide Hotline:
988
- Trevor LifeLine:
866-488-7386

