

# FRIENDSHIP & 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



## WHERE CAN YOU GET HELP?

**National Suicide Prevention Lifeline**  
Call or Text **988**

**Crisis Text Line**  
Text "**HOME**" to **74174**

## SCHOOL CONTACT:

School Counselor  
Lizzie Silva  
(209) 962-7846  
(209) 962-4763

