



Let's Talk About Mental Health

Take care of your mental health just like you take care of your physical health. Your mind matters.



WHAT ARE COMMON SIGNS OF **MENTAL HEALTH STRUGGLES?**

If you are having thoughts of suicide or need to talk to someone, contact:

Crisis Text Line:
Text "home" to 741741

or

The National Suicide Prevention
Lifeline: Call 9-8-8

- Abnormal, persistent feelings of sadness, anger, or unwarranted hostility
- Withdrawal from loved ones
- Alterations in sleep, appetite, or drinking patterns
- Experiencing stomachaches, digestive issues, practicing extreme dieting or binge eating
- Excessive self-criticism or criticism towards others
- Feeling confused, mentally foggy, or unable to concentrate
- Experiencing auditory hallucinations, paranoia, mood fluctuations, or neglecting personal hygiene

**Santa Clara County
Suicide & Crisis Hotline:**

Call 9-8-8* - 24/7

**Santa Clara County
Behavioral Health:**

(800) 704-0900 - 24/7

**LGBTQ+ Youth and Well-
Being Resources:**

(408) 678-2900

**Downtown Youth
Wellness Center (DYWC):**

(408) 961-4645

**Santa Clara County Child
Abuse Hotline:**

(408) 299-2071

Bill Wilson Center

(408) 805-6125

**Eating Disorders, Mental
Health, Substance Abuse:**

(800) 704-0900

**California Youth Crisis
Line:**

(800) 843-5200 - 24/7

Drop-in services

www.bhnavigator.org

WHERE TO GO FOR **HELP** OFF CAMPUS

ON CAMPUS HELP CONTACT: Counseling Department

POSITIVE COPING STRATEGIES

Meditation, mindfulness, yoga, breathing exercises, grounding skills, journaling, acceptance, and seeking therapy

NEGATIVE COPING STRATEGIES

Substance abuse or self-medication, violence and abuse, self-harm, compulsivity, dissociation, catastrophizing, and isolating.

If you, or someone you know, are the victim of sexual misconduct, contact your site administrator or the District Title IX Coordinator or report an incident here:

