

# MAKE MENTAL HEALTH A PRIORITY!

Focus on  
one thing  
you can  
do today

Take care  
of yourself

Draw on  
your  
strengths

Show  
gratitude

Build  
strong  
relationships

Turn  
setbacks into  
growth  
opportunities

Do something  
nice for  
someone  
else

## IT'S OK TO REACH OUT FOR HELP

Feeling depressed, overwhelmed, or anxious? Text "hello" to **741741** to be connected to a Crisis Counselor or call The Crisis Clinic at **360-586-2777**.

We can never be responsible for another person's feelings or actions, but we can be supportive during hard times. It's always important to talk to an adult\* who can help.

\*family, counselor, teacher, coach, mental health specialist

