

Are You Struggling with...

Hopelessness? Stress?
Loneliness? Overthinking?



CALL Hotlines:

Warmline, Inc (Peer Support): **414-777- 4729**

NAMI Helpline: **1-800-950-6264**

National Suicide Hotline + Textline: **1-800-273-8255**

Connect with a Counselor at the

Crisis Hotline: **text HOME to 741741**



Calm App



Instagram

- NAMI Communicates
- Trevor Project



Pdfs/Other Resources:

<https://teenshealth.org/en/teens/>

Coping Skills - Remember moderation is key!

Use Positive Self Talk, Do Deep Breathing, Watch your favorite movie, Take a shower, Go for a walk, Squeeze a stress ball, Talk to a therapist, Laugh, Paint or Draw, Read a book, Exercise, Play with your pet, Go for a jog, Talk to a friend, Play with a fidget, Play a video game, Hang out with friends, Listen to your favorite song, Think about something funny, Use an I-feel message, Count to 10, Spend time with family, Go for a hike, Flip through a magazine, Visit somewhere new, 5-4-3-2-1, Eat a healthy meal, Watch your favorite tv show, Do a word search, Write a short story, Drink cold water, Play your favorite sport, Take a nap, Do a puzzle, Play a game outside, Cook or Bake, Set a goal, Think of your favorite memory, Dance, Stretch, Take a bath, Play an instrument, Watch a funny video, Go for a bike ride, Go to the park, Yoga, Clean your room, Do something kind, Smile until you feel better, Learn a new skill, Listen to calming music, Paint your nails, Have a picnic, Call a relative, Draw a comic, Write in your journal, Try to make someone laugh, Walk your dog, Create jewelry, Write your own song, Play a card game, Sing, Meditation, Write a letter.