



How to Take Care of Your Mental Health



Practice Self-Care

Participate in activities that you enjoy! Go outside, spend time with friends, or take some time for yourself. You know yourself best, so remember to take care of yourself in times of stress.



Take Care of Your Physical Health

Your health is very important! Remember to drink plenty of water, eat nutritious food, be active, and get plenty of sleep. You should be getting 9-12 hours of sleep every night!



Find Your Support System

It's normal to have many feelings and it's okay to talk about them. When feelings become overwhelming, remember that you can reach out to a trusted adult, like a parent, guardian, or adult in your school. Your teachers, school nurse, school counselor, or social worker are also able to help.



How do I ask an adult for help?

Practice or write down what you want to say beforehand, or take a friend with you if you are nervous. When you find the right time to talk, you can start off by saying, "I wanted to talk about something important."

How do I reach out to a social worker?

Go to the main office and ask about your school counselor or social worker's availability, or ask for their email. Write them an email explaining why you want to meet with them and say you want to set up an appointment. Your parents can also help you do this!

What resources are available to me?

There are plenty of resources available to you! You and your parent or guardian can scan the QR code to visit our website to view resources like School Based Health Centers, a list of hotlines for additional support, and more!

If you have any questions or want additional information, please email us at mentalhealth@cps.edu or visit cps.edu/mentalhealth or scan the QR code.

