



TEEN MENTAL HEALTH TOOL KIT

GROUNDING ACTIVITY

Name 5 things you can touch in this room.
Touch can be done with your hands or even feet.

Name 4 things you can see.

Name 3 things you can smell.

Name 2 things you can hear.

Name 1 good food you like to eat.

RESOURCES



SCAN ME



If you or someone you know
needs support now,
CALL OR TEXT: 988
CHAT: 988lifeline.org

Talk with us.



SIGNS AND SYMPTOMS OF MENTAL HEALTH CHALLENGE

Talk - Negative Self Talk, Feeling Hopeless

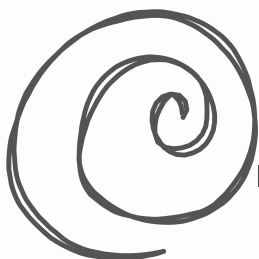
Behaviors - Harming Self, Irritated, Taking Risks

Mood - Distracted, Withdrawn, Anxious

SELF CARE

- Drink lots of water
- Eat small meals
- Talk to a trusted adult
- Don't be afraid to ask for help

GROUNDING ACTIVITY



Follow the swirl with your finger. Breathe in as you follow to the center. Breathe out as you follow from the center out

WHO CAN I ASK FOR HELP

My Trusted Adult _____

My Trusted Adult _____



MENTAL HEALTH CONTINUUM

Where is your Mental Health?

