

WHEN LIFE LOOKS AND FEELS LIKE THIS...



NEGATIVE THOUGHTS/SELF-TALK

ISOLATING

CONSIDERED OR ATTEMPTED SUICIDE

FEELING HOPELESS OR HELPLESS

HIGH LEVEL OF PRESSURE OR STRESS TO MAINTAIN PERFECTION

FIGHTING

EMPTINESS OR NUMB

PEER PRESSURE

SPENDING MORE TIME ON SCREENS THAN WITH PEOPLE

UNMOTIVATED

OFTEN FEELING SAD, ANGRY, IRRITATED, OR LONELY

LOSS OF INTEREST IN THINGS YOU USED TO ENJOY

STOMACH ACHES OR HEADACHES

OVEREATING OR NOT EATING ENOUGH

USING DRUGS OR ALCOHOL TO COPE WITH LIFE

HARMING YOURSELF OR OTHERS

RACING HEARTBEAT

FEELINGS OF SHAME

NOT SLEEPING OR SLEEPING TOO MUCH (BEYOND 10 HOURS)

FEARFUL

LOW SELF-ESTEEM

LOST OR UNSURE WHAT THE FUTURE MIGHT HOLD

FEEL LIKE LIFE IS NOT WORTH LIVING

PANIC

IT'S TIME TO TAKE CARE OF YOU!

CHECK YOUR BREATHING, IS IT STEADY?

GET TO KNOW YOURSELF—YOUR HOPES, INTERESTS, AND DESIRES.

GET ENOUGH ZZZ'S, 8 HOURS IS GREAT!

THINK IT THROUGH; DO YOU KNOW WHAT YOU FEEL?

CONNECT OFFLINE AND MAKE MEMORIES.

REACH OUT, BECAUSE WHEN YOU ARE READY, SO ARE WE!

SCHOOL STAFF IS READY TO SUPPORT!



988
SUICIDE & CRISIS LIFELINE



2-1-1
Tulare County Mental Health Support

Tulare County Office of Education
Tim A. Hire, County Superintendent of Schools