

## FOR NOW...

It's okay to not be okay.

Not every day has to be a good day.

Not every day will be a bad day.

## Be Kind to Yourself

### Things to Remember

- ✓ You are not alone.
- ✓ You are enough.
- ✓ You are loved.

## FOR THE NEXT TIME...

A list of things to try when you are having a bad day. Do what works best for you. Always making sure you do everything safely.

- 1 Deep breaths
- 2 Journal
- 3 Exercise
- 4 Arts + Crafts
- 5 Let it out.  
It's okay to cry.

## MENTAL HEALTH RESOURCES

### Text

#### Crisis Line

Text HOME to  
741-741

Available 24/7

Free + Confidential

[www.crisistextline.org](http://www.crisistextline.org)

### Call

#### CA Youth Crisis Line

1-800-843-5200

Available 24/7

Provides Local  
Resources

[www.calyouth.org](http://www.calyouth.org)

### Call Text

#### National Suicide Prevention Lifeline

1-800-273-8255

Available 24/7

Online chat  
is available

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Call Text

#### Teen Line

1-800-852-9336

6:00 - 10:00 PM PST

Text TEEN to 839-863  
6:00 - 9:00 PM PST

[www.teenline.org](http://www.teenline.org)

**Call**

### Trans Lifeline

1-877-565-8860

Available 24/7

Available in Español

[www.translifeline.org/hotline](http://www.translifeline.org/hotline)

**Call  
Text**

### YouthLine

1-877-968-8491

Teens answer 4 - 10 PM PST  
Adults answer at other times

Text TEEN2TEEN  
to 839-863

[www.oregonyouthline.org](http://www.oregonyouthline.org)

**Call  
Text**

### Samaritans

1-877-870-4673

Available 24/7

Online chat  
is available

[www.samaritanshope.org](http://www.samaritanshope.org)

**Call**

### Peer-Run Warm Line

1-855-845-7415

Available 24/7

Online chat  
is available

[www.mentalhealthsf.org/peer-run-warmline](http://www.mentalhealthsf.org/peer-run-warmline)

**Call**

### CalHOPE Warm Line

1-833-317-4673

Available 24/7

[www.calhope.org](http://www.calhope.org)

## MORE MENTAL HEALTH RESOURCES

**Call**

### CA Parent & Youth Helpline

1-855-427-2736

Available everyday  
8 AM - 8 PM PST

Resources for  
families online

[www.caparentyouthhelpline.org](http://www.caparentyouthhelpline.org)

**Call  
Text**

### Trevor Project

Text START to  
678-678

Available 24/7

Online chat  
is available

[www.thetrevorproject.org](http://www.thetrevorproject.org)

**Call  
Text**

### Disaster Distress Helpline

1-800-985-5990

Available 24/7

helps with emotional  
distress related to natural or  
human-caused disasters

[disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)

**Call**

### National Alliance on Mental Illness

1-800-950-6264

Monday - Friday  
7 AM - 7 PM PST

Online chat  
is available

[www.nami.org/help](http://www.nami.org/help)

# REMEMBER

If you or someone you know is struggling, it is okay to ask for help.

## Mental Health Matters

Visit for more information



{insert website here and logo}