

Mental Health Awareness Month

Rose Tree Media School District

May is Mental Health Awareness Month

During this pandemic, taking care of our mental health is critical. Various resources are available to support you and your child(ren). Check out the websites on the right and tips included below!

1

TAKE A BREAK

Take some time away from social media and avoid excessive exposure to news coverage.

2

DAILY ROUTINES

Maintain a daily routine as much as possible.

3

PHYSICAL HEALTH

Engage in regular exercise, maintain a healthy diet and get enough sleep.

4

SOCIALLY DISTANT, NOT ISOLATION

Remain virtually connected with others; text, call, video chat

5

PRACTICE SELF CARE

Add extra time for daily stress relief, practice mindfulness and coping skills.



Teens & Covid

Challenges and Opportunities during the Outbreak



Covid-19 Tool Box

Resources for Parents, Teens, and Professionals

SAFE2SAY[™]

SOMETHING

1-844-SAF2SAY 1-844-723-2729

Safe2Say: <https://www.safe2saypa.org/>

See Something. Say Something.

Report a Tip.

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. **But so am I.**
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me **something**.
5. All I need to do is take it **one step** at a time. **Breathe**. And do the **next right thing**.