

## **Growth Public Schools Mental Health Awareness and Resources**

### **Available on Campus:**

Please contact the Student Support Services Coordinator at 916-394-5007 to be connected with a counselor. Our Counselors are available during school hours if you or someone you know is experiencing a mental health issue.

### **Available in the Community:**

**MENTAL HEALTH URGENT CARE CLINIC (MHUCC)** provides services on a voluntary, walk-in basis to Sacramento County residents of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis, regardless of their ability to pay. MHUCC is an alternative to emergency departments for those in crisis or experiencing an urgent mental health need and seeking mental health care.

#### **Sacramento Mental Health Urgent Care Clinic (MHUCC)**

Phone: (916) 520-2460

Fax: (916) 520-2459

Address: 2130 Stockton Blvd, #300, Sacramento, CA 95817

#### **Hours Of Operation:**

24 hours a day, 7 days a week

Medication consultation available in person or via telepsych as deemed necessary! Please note that the clinic does not prescribe controlled medications

### **Available Nationally:**

- National Suicide Prevention Hotline - Call 988 or 1-800-273-8255.
- The Trevor Project - provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. **1-866-488-7386** or <https://www.thetrevorproject.org/>.
- Big Brothers/Big Sisters of America – a community-based mentorship program. Call **1-813 720-8778** or <https://www.bbbs.org>

### **Common Behaviors and Signs of a Mental Health Issue**

- Anxiety
- Changes in eating habits
- Avoiding friends and social activities
- Multiple physical ailments
- Feeling depressed
- Excessive worrying & fear
- Prolonged feelings of anger and irritability
- Extreme mood changes

### **Positive Coping Strategies to Use**

- Mindful meditation
- Exercising/Yoga
- Breathing exercises
- Journaling or engaging in a hobby
- Practicing self-care
- Getting outside and enjoying nature
- Staying connected through support groups or volunteering
- Asking for help from friends, family, or a professional

### **Negative Coping Strategies to Avoid**

- Compulsivity
- Over or under eating
- Doomscrolling (scrolling social media even if it brings up difficult emotions)
- Violence and abuse
- Disassociation
- Catastrophizing
- Self-harm
- Avoiding emotions
- Impulsive or risky behaviors
- Isolating from friends and family
- Substance abuse or self-medicating