

Friendships and Mental Health Poster

We are pleased to introduce our model mental health poster, developed in response to Assembly Bill No. 748 (<https://tinyurl.com/mrnewzxc>). This bill requires each school site in California serving pupils in grades 6 to 12 to create a poster that identifies approaches and shares resources regarding pupil mental health. The poster must be prominently and conspicuously displayed in appropriate public areas that are accessible to, and commonly frequented by, pupils at each local educational agency (LEA) school site. Additional copies and alternatives can be found online at <https://www.cde.ca.gov/ls/mh/index.asp>.

The poster includes identification of common behaviors of those struggling with mental health or who are in a mental health crisis, a list of positive coping strategies to use when dealing with mental health, and form fields which you will populate with a list of school site and community specific resources.

The California Department of Education would like to express our sincere gratitude and appreciation to the San Diego County Office of Education and their dedicated Student Advisory Council for their invaluable collaboration in the development, revision, and creation of these life-saving mental health resources. Their expertise, insights, and commitment to promoting student well-being have been instrumental in shaping the content and design of the mental health posters. We are truly grateful for their tireless efforts and unwavering dedication to ensuring that our students have access to the support and resources they need.

Instructions

To all school sites responsible for completing the form fields and displaying the mental health posters, please follow the instructions below:

1. Download the provided PDF template of the mental health poster.
2. Fill in the form fields with the necessary information specific to your school site.
 - a. School Counselor Phone Number: input the phone number for your LEA's school counselor (include extension if applicable), if you do not have one available please type "not available"
 - b. School Wellness Center Phone Number: input the phone number for your LEA's school wellness center (include extension if applicable), if you do not have one available please type "not available"
 - c. School Peer Counselor Phone Number: input the phone number for your LEA's school peer counselor (include extension if applicable), if you do not have one available please type "not available"
 - d. Add QR Code (optional)
 - This article includes instructions on how to make a QR code that directs students to a URL: <https://blog.hubspot.com/blog/tabid/6307/bid/29449/how-to-create-a-qr-code-in-4-quick-steps.aspx>. You can use this space to direct students to your LEA's mental health resource page or any other resource you think is most important for your students facing mental health struggles.
3. Once the form fields are completed and the content is finalized, print the poster in a size no smaller than 8.5 by 11 inches.
4. Display the poster prominently and conspicuously in appropriate public areas that are accessible to, and commonly frequented by, pupils at your school site. Consider locations such as bathrooms, locker rooms, classrooms, classroom hallways, gymnasiums, auditoriums, cafeterias, wellness centers, and offices.
5. Additionally, ensure that the poster is digitized and distributed online to pupils through social media, internet websites, portals, and learning platforms at the beginning of each school year.
6. Regularly check the condition of the displayed posters and replace them if they become damaged or outdated.

Thank you for your attention to detail and commitment to promoting mental health awareness and support within your school community. Your efforts make a positive impact on the well-being of our students.

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Friendships & Mental Health

Show your friends you are there for them by encouraging them to practice coping strategies.



Yoga



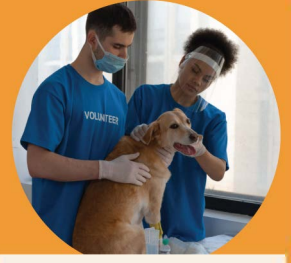
Physical Activity

Ride a bike
Walk
Stretch



Breathing Exercises

Inhale for 4
Hold for 7
Exhale for 8



Volunteer

Animal shelter
Senior living
Food pantry



Find a hobby

Read
Paint
Dance



Hang out with friends

Go to the park
Watch a movie
Have a game night



Practice gratitude

Write down things you are grateful for



Spend time in nature

Take a hike
Watch the sunset
Stargaze

WARNING SIGNS OTHERS MAY BE STRUGGLING WITH THEIR MENTAL HEALTH:

- Don't hang out anymore
- Feel sad or hopeless
- Distracted during conversations or activities
- Loss of interest in activities
- Have a negative view on life

HOW TO SUPPORT OTHERS:

- Listen to them
- Invite them to social gatherings
- Send them a care package
- Encourage them to get help
- Offer to call the Lifeline together
- Let them know it's okay to ask for help



MENTAL HEALTH SUPPORT RESOURCES

- 📞 Contact your school counselor at:
- 📞 Contact your school's wellness center at:
- 📞 Contact your school's peer counselor at:
- 📞 Text the CRISIS Line: Text "TALK" to 741741
- 📞 Call the Suicide & Crisis Lifeline: 988

QR Code