

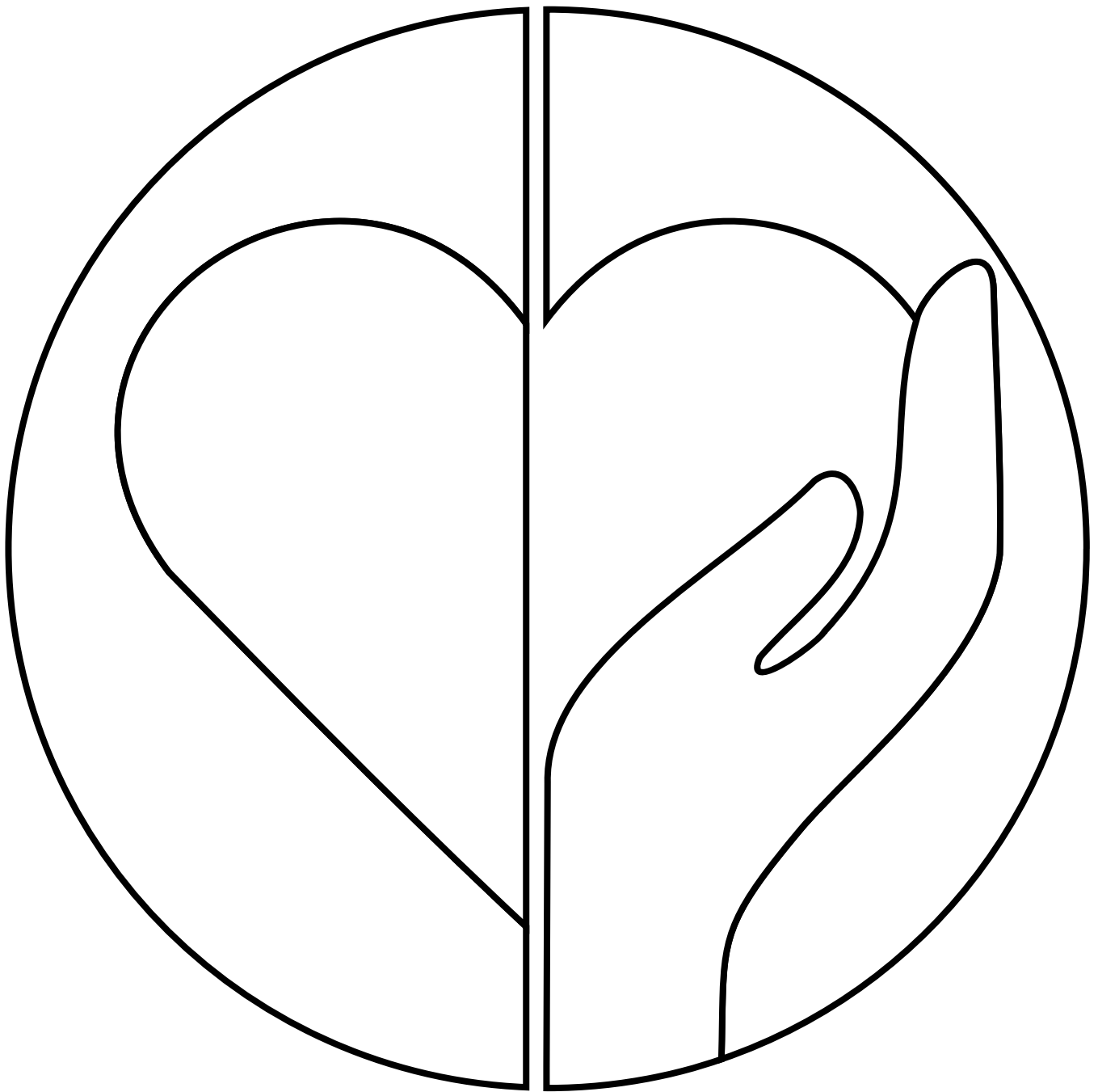


THE SCHOOL DISTRICT OF
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OFFICE OF PREVENTION AND INTERVENTION



Mental health matters

Wellness Coloring Book

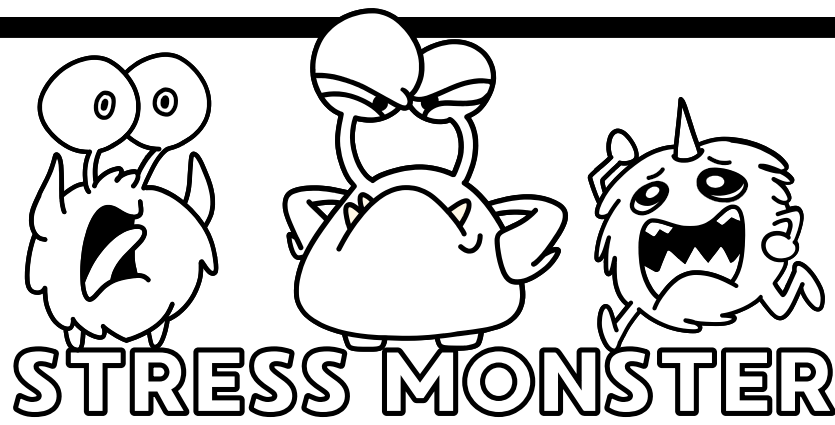


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CALM
IS
WITHIN
YOU





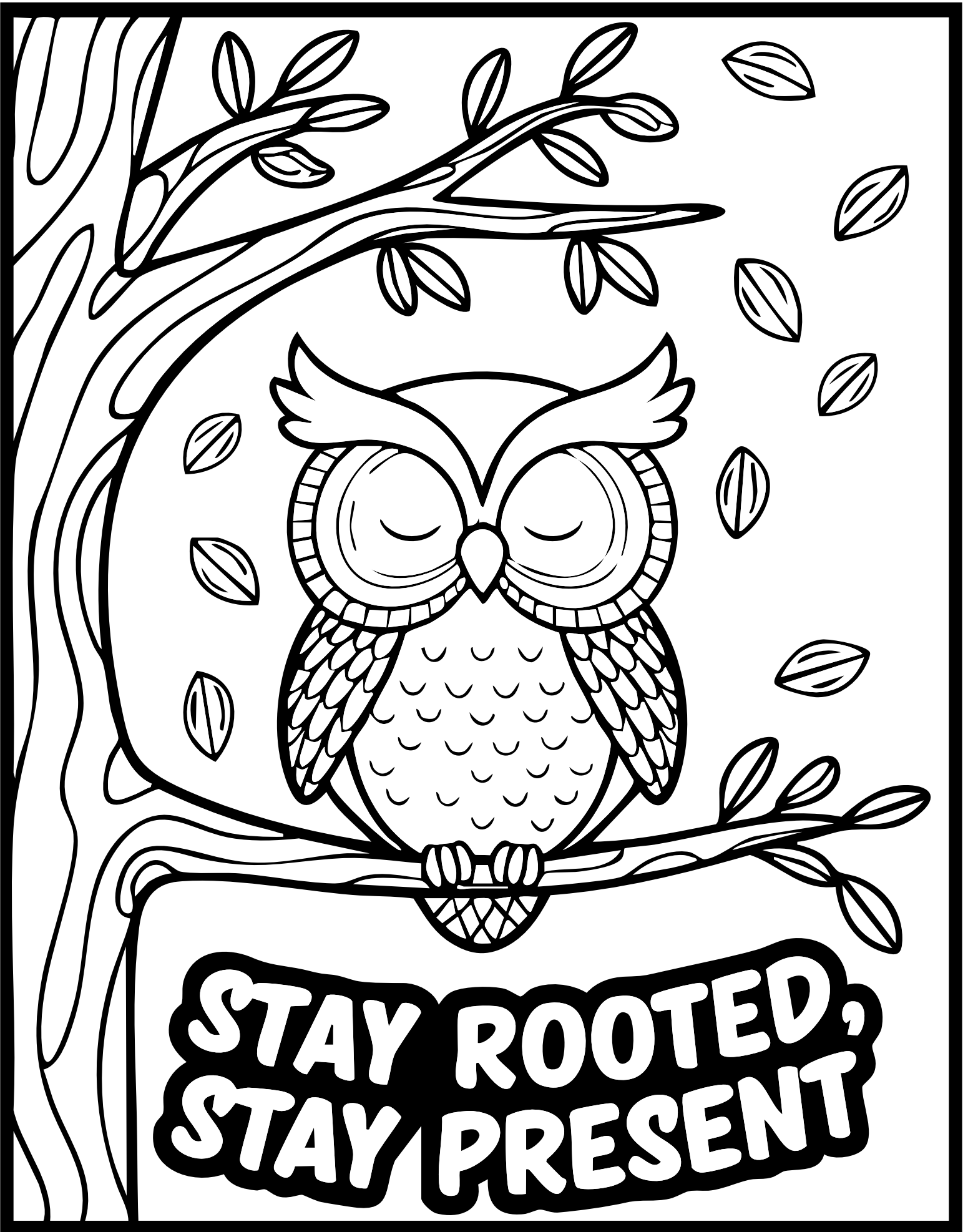
Draw a stress monster and draw yourself defeating it.

What do you need to defeat it? What tools and coping skills do you need?

**LISTEN
TO WHAT**

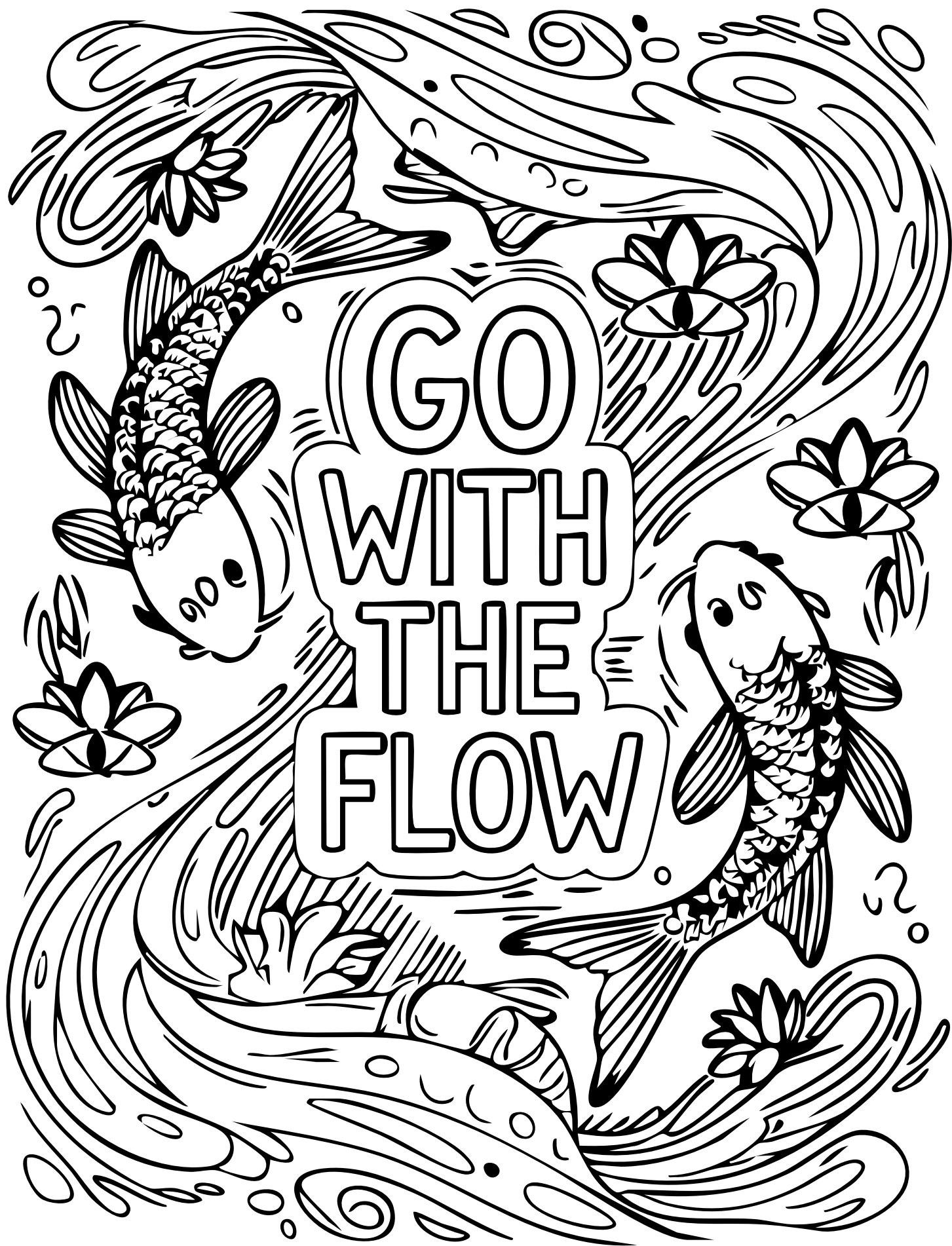


NEED



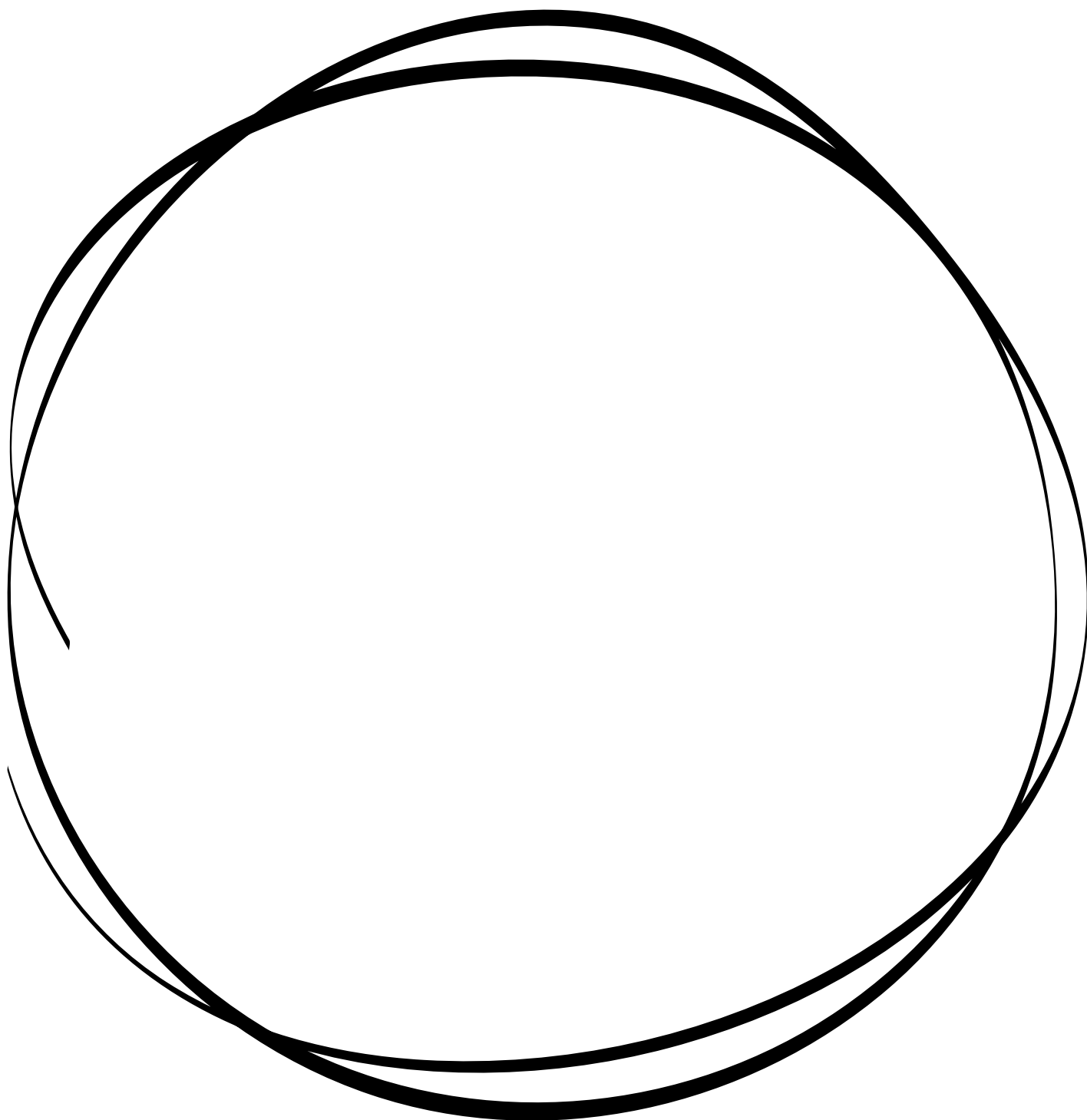
**STAY ROOTED,
STAY PRESENT**

GO
WITH
THE
FLOW



I'm "Doing Ok"

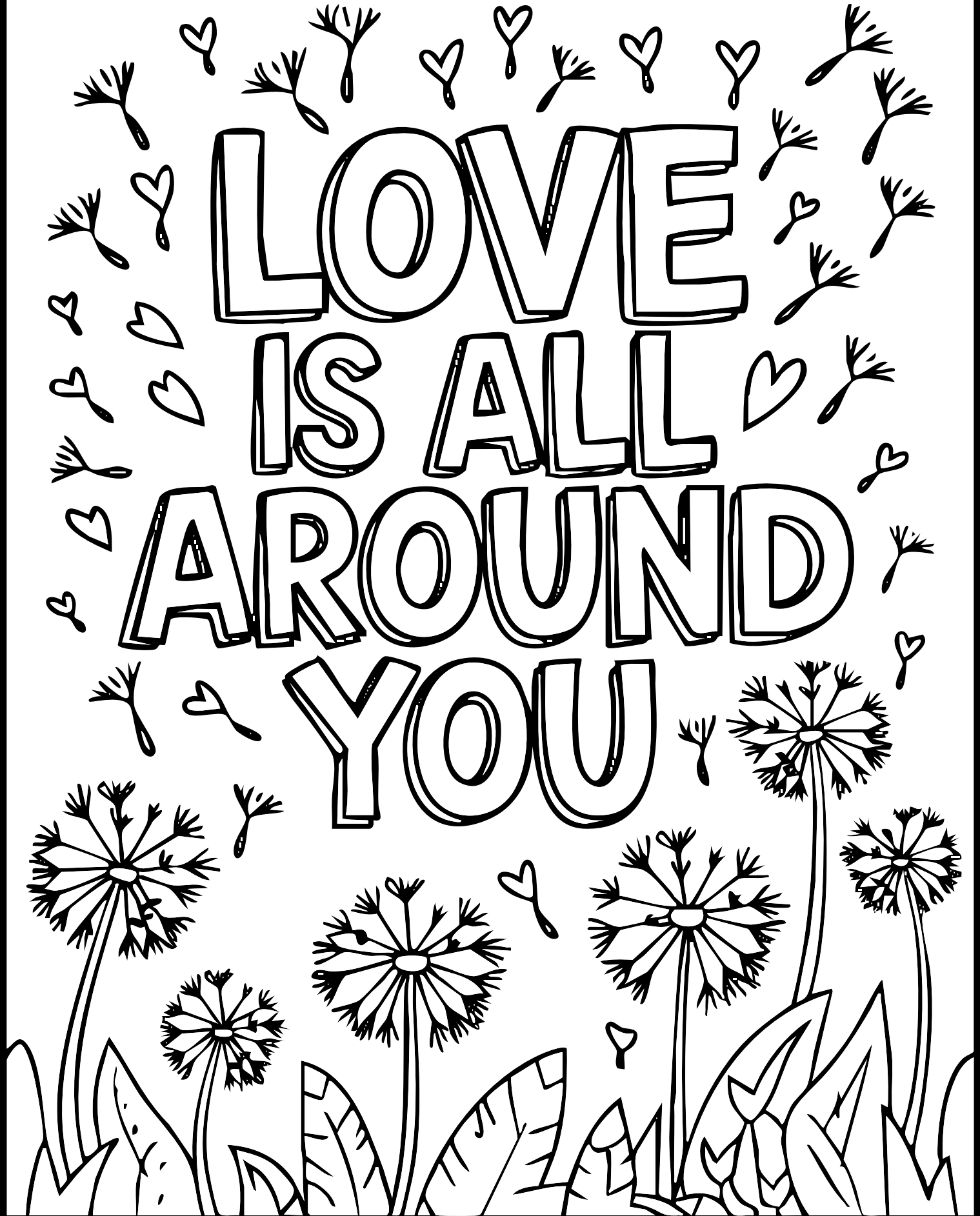
Draw a picture in the circle to show how you feel when you say you are "doing ok."



STRIVE
FOR
JOY
NOT
PERFECTION!



LOVE
IS ALL
AROUND
YOU



We're here to help!

GET IN TOUCH WITH YOUR STUDENT'S SCHOOL COUNSELOR

Scan the code or visit
bit.ly/sdpcounselors



Crisis & Support Resources

- **[988 Lifeline](#)**
24/7 emotional crisis support
Call/Text: **[988](#)**
- **[DBHIDS Mental Health Delegate Hotline](#)**
*Call if you are seeking help for yourself, a family member, a friend, etc. (available 24/7)
Call: **[215-685-6440](#)**
- **[DBHIDS Suicide/Crisis Intervention Line](#)**
*local 24-hour call center to assist individuals with behavioral health crises
Call: **[215-686-4420](#)**
- **[Crisis Text Line](#)**
24/7 text support
Text: **[HOME to 741741](#)**
- **[Philly HopeLine](#)**
Emotional support, Mon–Thurs, 10am–4pm
Call: **[1-833-PHL-HOPE](#)**
- **[Trevor Project](#)**
Crisis support for LGBTQIA+ youth
Text: **[START to 678-678](#)**
- **[Trans Lifeline](#)**
Peer support by and for trans people
Call: **[\(877\) 565-8860](#)**
- **[Veterans Crisis Line](#)**
24/7 support for veterans
Call: **[1-800-273-TALK](#)** (press 1) | Text: **[838255](#)**
- **[211 Helpline](#)**
Community resources & referrals
Call: **[211](#)**
- **[CBH Non-Emergency](#)**
Connect to behavioral health services
Call: **[888-545-2600](#)**
- **[Disaster Distress Line](#)**
Crisis support for disaster-related stress
Call: **[1-800-985-5990](#)**



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For mental health resources
scan the code or visit

bit.ly/sdpmhresources