

# Friendships & Mental Health

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



**Yoga**



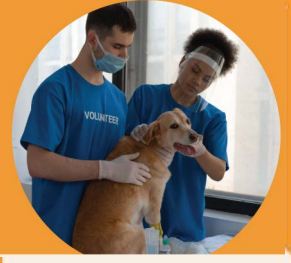
**Physical Activity**

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

- ☎ Scan the QR code to be contacted by a PUSD counselor
- ☎ Or text the National CRISIS Line: Text "TALK" to 741741
- ☎ Or call the National Suicide & Crisis Lifeline: 988

Reach out; PUSD staff will always have your back

