MENTAL HEALTH RESOURCES

COVID EDITION FOR SECONDARY STUDENTS

Websites

- Society of Clinical Psychology: MBCT Overview
- Center for Mindfulness Studies
- Better Help Counseling
- Oxford Mindfulness Centre
- Guide to MBCT
- Positive Psychology & MBCT Resources
- National Alliance on Mental Illness (NAMI): Teens and Young Adults
- American Psychiatric Association: Mental Health Disparities – Diverse Populations
- Suicide Prevention Lifeline

Mindfulness Exercises

- Mindful Breathing: Inhale for 7 sec. Exhale for 11 sec. Repeat as many times as need until you feel calm. Try closing your eyes when you do this. You can do this anywhere!
- Talk to friends & family

HOW SCHOOL PSYCHOLOGISTS AND SCHOOL COUNSELORS CAN HELP YOU!

- They can support your mental health, even if you do not have a specific diagnosis
- You can talk about: home problems, identity issues, self-esteem, conflict with peers, stress, goal-setting, recent loss
- Getting help early is always the best option!

Apps

Headspace
Calm
UCLA Mindful Serenity