

FJUHSD SUPPORTS MENTAL HEALTH

WAYS TO SEEK HELP

LET **CARE SOLACE** HELP YOU FIND A MENTAL HEALTH PROVIDER THAT CAN HELP YOU AND YOUR FAMILY.

YOUTH RESOURCE

OUR NEW **FJUHSD VIRTUAL CALMING ROOM** HAS BEEN MADE TO HELP YOU DEAL WITH STRESS, ANXIETY, AND MANY OTHER DIFFICULT STRESSORS. CHECK IT OUT!

SELF-HELP TOOL

CHECK OUT **THIS VIDEO** TO HELP UNDERSTAND YOURSELF, YOUR EMOTIONS, AND WHAT YOU DO WITH THEM.



WE ARE HERE FOR YOU!
HERE IS A LINK TO MORE INFORMATION ABOUT RESOURCES AVAILABLE ON YOUR CAMPUS.