



**MENTAL  
HEALTH  
THRIVAL KIT**

# 4-7-8 Breathing Technique

This is a breathing exercise that can be done anywhere, anytime to aid in stress reduction, grounding and even sleep.



Take a deep breath and...

5. Name **Five** things you see around you. 

4. Name **Four** things you can touch around you. 

3. Name **Three** things you hear. 

2. Name **Two** things you can smell. 

1. Name **one** thing you can taste. 

# Grounding With Your Five Senses

Today, I am grateful for \_\_\_\_\_

Today, I am feeling \_\_\_\_\_



the **Hope &  
Justice**  
Category

## ***Express Yourself!***

Create a film, song, narrative or piece of art and submit for an opportunity to win prizes and recognitions.

### **Annual Film Contest:**

- Suicide Prevention
- Mental Health
- Walk in Our Shoes
- Through the Lens of Culture

### **Monthly Art & Film Contests:**

#### ***Hope***

What helps you get through tough times?  
What do you see or experience in your life or community right now that gives you hope for the future?

#### ***Justice***

What changes do you want to see in your community? What can young people do to take a stand against injustice?

***Check the website for contest rules, special topic prompts, prizes and deadlines.***

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)



Today  
is Going  
to Be  
Awesome





# Youth Suicide Warning Signs

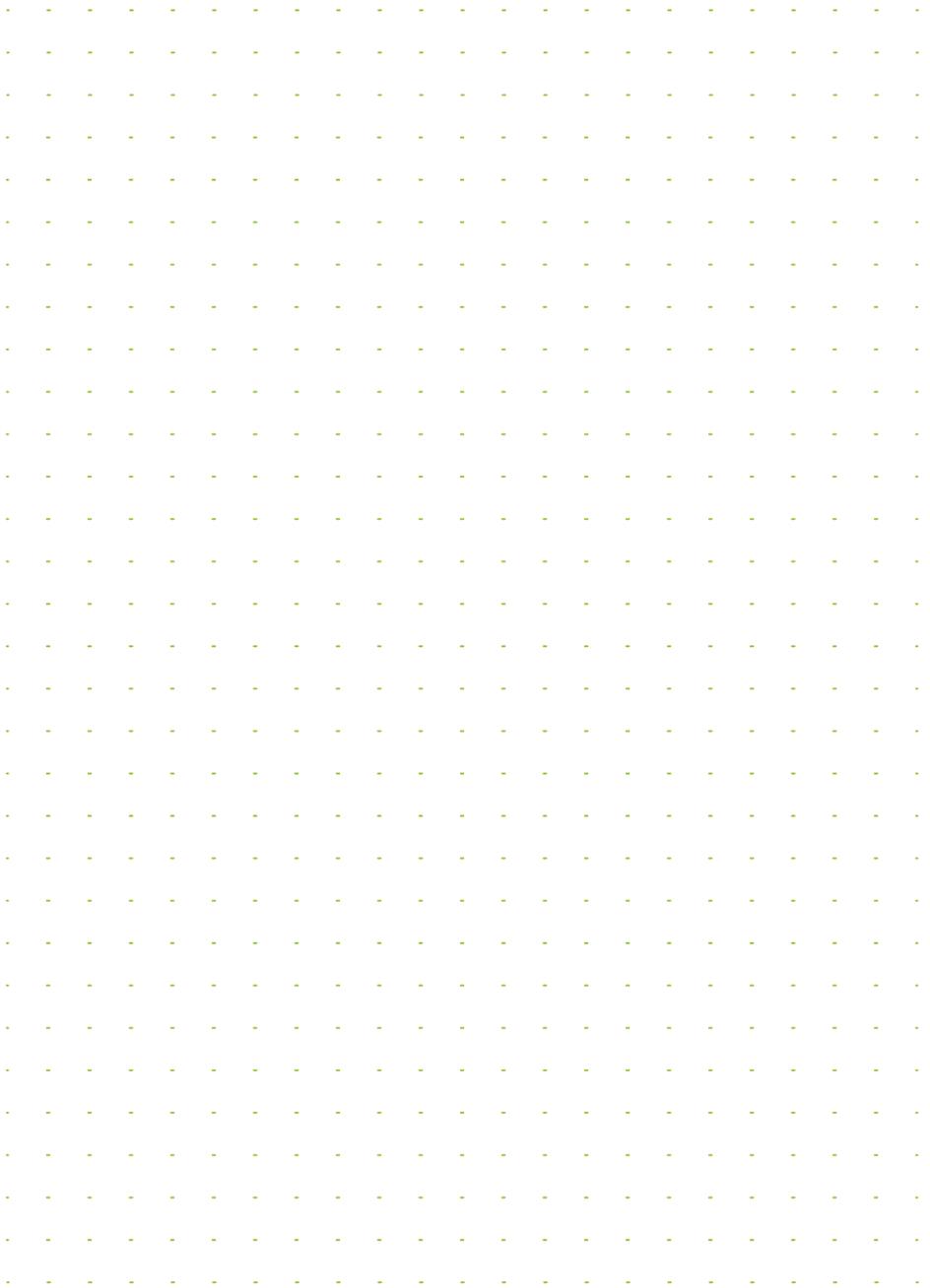
*Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change.*

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or changes in behavior, such as:
  - Withdrawal from or changing in social connections/situations
  - Changes in sleep (increased or decreased)
  - Anger or hostility that seems out of character or out of context
  - Recent increased agitation or irritability

*If you are concerned about someone, reach out and ask: "Are you thinking about suicide?"*

Whatever you're going through, you're not alone. If you're in pain or concerned for someone else, call the National Suicide Prevention Lifeline **800-273-8255 (TALK)** or text **HOPE** to **741-741**. You can also visit [suicideispreventable.org](https://www.suicideispreventable.org) for more information.

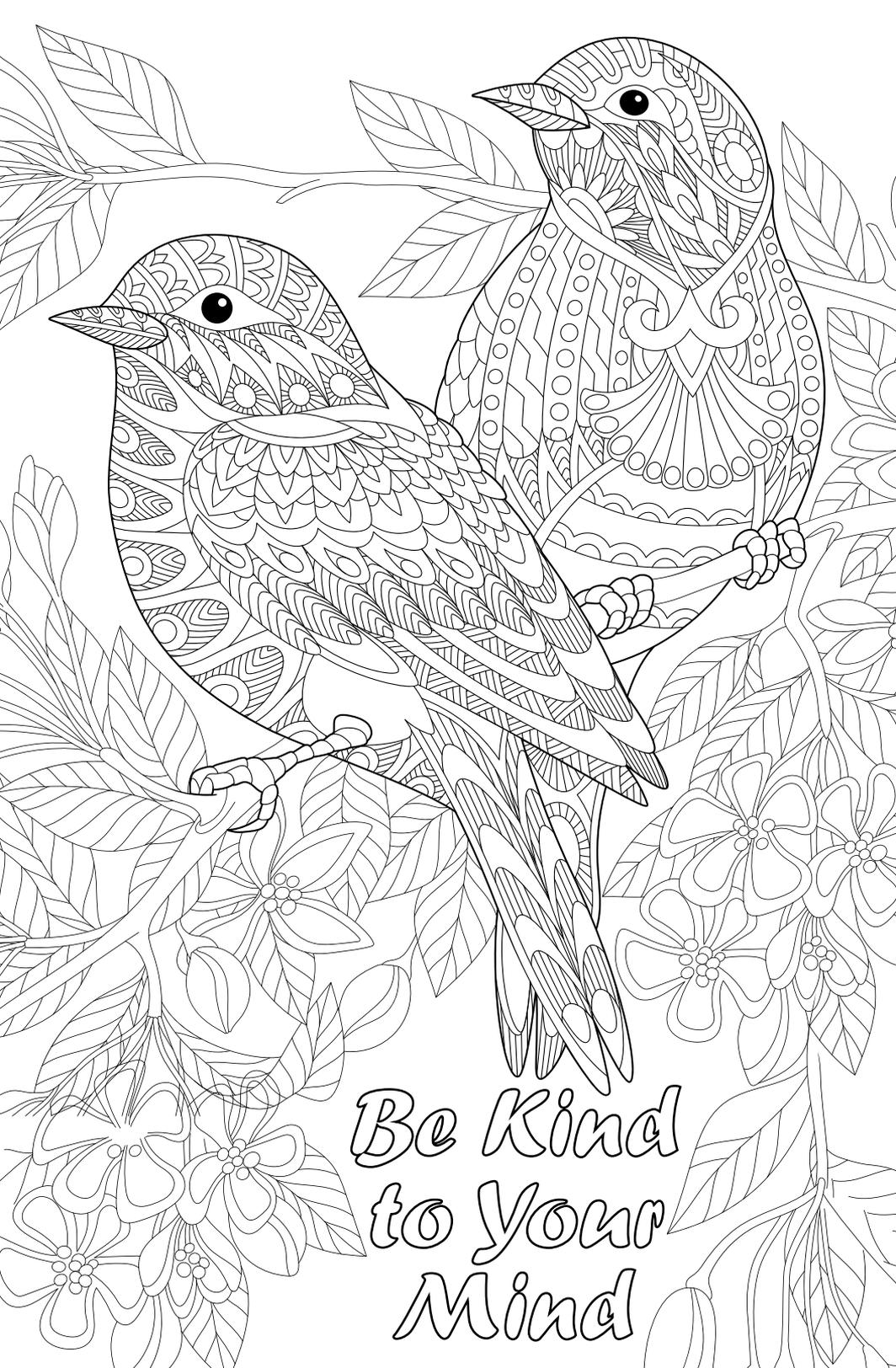




Today, I am grateful for \_\_\_\_\_



Today, I am feeling \_\_\_\_\_



*Be Kind  
to Your  
Mind*

# Resources

## **Teen Line:**

Call **1-800-852-8336** (from 6 p.m. to 10 p.m. PST)

Text **TEEN** to **839863** (from 6 p.m. to 9 p.m. PST)

Offering anonymous support for teenagers by phone, text or email. No problem is too small, too large, or too shocking for the trained Teen Line volunteers.

## **Crisis Text Line:**

Text **HOPE** to **741-741**

Connect with a crisis counselor 24/7 to receive high-quality text-based mental health support and crisis intervention.

## **National Suicide Prevention Lifeline:**

**1-800-273-TALK (8255)**

A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

## **Trans Lifeline:**

**877-565-8860**

A 24/7 lifeline run by and for trans people, providing direct emotional and financial support to trans people in crisis.

## **The Trevor Lifeline:**

**866-488-7386**

The Trevor Project is the leading national organization providing 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

# Create. Compete. Save Lives.

The Directing Change Program holds film and art contests for young people in California to learn about the topics of suicide prevention and mental health. By creating short films or art projects, you can learn about suicide prevention, mental health, social justice, and other health topics; share what you've learned with others; and communicate positive messages to peers and adults in your community that will inspire them to take action.

Win cash prizes and make a difference! To learn how you can get started visit:

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)



**Directing Change**  
Program & Film Contest



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).