



## **OVERWHELMED? STRUGGLING? CAN'T FUNCTION?**

These might be the first signs of a mental health condition, like depression or anxiety. You are not alone!

Take the youth screen at [MHAScreening.org](https://MHAScreening.org) to check on how you feel. Once you get the results, you will get more information and help to figure out next steps.

**SCAN ME!**



## **NEED HELP NOW?**

Trained crisis counselors can be reached 24/7.

Call 988 or chat at [988lifeline.org](https://988lifeline.org).

You can also reach Crisis Text Line by texting MHA to 741741.

# TIPS FOR TAKING CARE OF YOURSELF

Teaching is an incredibly rewarding, yet stressful job. Taking care of your mental health is essential not only for your well-being but also for your effectiveness as an educator.

## ADDRESS STRESSORS

Don't wait to communicate concerns with administrators or seek additional resources to get to the root of the problem.

## BUILD A SUPPORT SYSTEM

Cultivate a network of colleagues, friends, or family members with whom you can share experiences, vent, or seek advice.



## GIVE YOURSELF GRACE

You can prioritize tasks and create to-do lists, but there are only so many hours in a day and you are only one person. You can't be perfect all the time, and it's okay to have challenging days. Set realistic expectations for yourself and try to show yourself the same compassion you show your students and colleagues.

Find more mental health resources for teachers at [mhanational.org/youth/school](https://mhanational.org/youth/school).

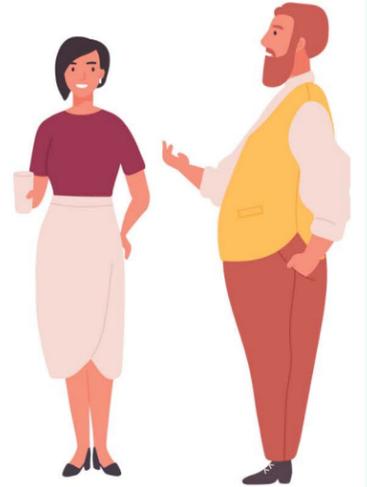
## SET BOUNDARIES

Avoid taking work-related calls or emails during off-hours and make time for personal hobbies and activities that bring joy and relaxation.



## TAKE BREAKS

During the school day, make sure to take short breaks to rest and recharge, even if it's just a few moments to step outside or sit quietly. Use your PTO when you need a little extra time.



## CELEBRATE YOURSELF

Take time to reflect on and keep track of your successes. Celebrate accomplishments, no matter how small.

## USE SUPPORT SERVICES

Access any mental health support services provided by the school or district, such as counseling or employee assistance programs, when your normal coping mechanisms aren't working.



## KNOW WHEN TO SEEK HELP

If you're struggling, take a free, confidential, anonymous mental health screen at [mhascreening.org](https://mhascreening.org).

Once you get the results, MHA will provide you with more information and help you to figure out next steps.



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## PRACTICE MINDFULNESS

Incorporate techniques like meditation or deep breathing exercises to reduce stress and increase focus.