

MENTAL HEALTH & Wellness

SUMMER TIPS & RESOURCES



COUNSELING
DEPARTMENT

PRACTICE SELF-CARE:

This includes getting enough sleep, eating a balanced diet, exercising regularly, and taking breaks when needed.

STAY CONNECTED WITH OTHERS:

Maintaining social connections with friends and loved ones is essential for good mental health.

MANAGE STRESS:

Find healthy ways to manage stress, such as meditation, deep breathing, exercise, or yoga.

PRACTICE MINDFULNESS:

Mindfulness involves being present in the moment and focusing on your thoughts and feelings without judgment.

SEEK HELP WHEN NEEDED:

If you are struggling with mental health issues, do not hesitate to reach out for help.

IF YOU NEED MENTAL HEALTH SUPPORT, THE FOLLOWING
RESOURCES ARE AVAILABLE YEAR ROUND;
IN THE EVENT OF AN EMERGENCY, CONTACT 911

NISD

NISD POLICE

210-397-7233

24 Hours • Anonymous
text: safe@nisd.net

**NORTHSIDE
SAFE
LINE**

CRISIS LINE

SUICIDE PREVENTION LIFELINE

(800) 273-TALK(8255)

or

(800)SUICIDE

Text or Call: 988

MENTAL HEALTH CARE

findhelp.org

[Bexar County Health
Resources directory](#)

[Center for Healthcare Services
210-316-9241](#)

SACRD.org

[Center for Refugee Services](#)

[Global Refugee](#)

IN CASE OF EMERGENCIES, GO TO THE NEAREST
HOSPITAL OR CALL 911