



Virtual Resources

There's an app for that!

Sanvello

Teaches mindfulness skills and provides mood and health tracking tools



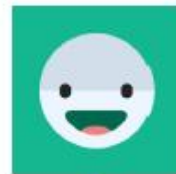
Smiling Mind

Works to make mindfulness meditation accessible to all



Stop, Breathe, Think

Guides people through meditations for mindfulness & compassion



Daylio

Micro-diary that allows you to track your mood & activities

Virtual Resources



365 Gratitude Journal

Provides daily prompts and daily inspirational questions

ThinkUp

build a positive mindset and motivation through self-talk and affirmations



Daily meditations paired with motivational messages to get you through the day

Happify

Effective tools and programs to help control your emotional wellbeing



Suicide Prevention Hotline: 1.800.273.8255

Virtual Resources



Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. **Everyday** take a moment (or more) to take care of yourself.

- Exercise**

Exercising **3** days a week decreases stress, increases energy levels and improves happiness
- Eat Healthy**

People who eat meals high in vegetables, fruits, whole grains, fish and nuts are **30%** less likely to develop depression
- Sleep**

40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety
- Time Off**

64% of people feel refreshed and excited to get back to work after a vacation
- Get Outside**

On average, Americans spend **93%** of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity
- Laugh**

Laughter increases the release of “feel-good” endorphins and can lower blood pressure
- Practice Mindfulness**

The practice of pausing, breathing, and just “being” is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency
- Talk with a Friend**

Close social relationships improve our self-confidence, and help us cope with ups and downs in life

For mental health resources visit EachMindMatters.org

National Suicide Prevention Lifeline:
1.800.273.8255






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

Virtual Resources



The graphic features a teal background with a yellow horizontal band. At the top, there are three icons: a person's head with gears and the text 'MENTAL HEALTH', a silhouette of a head with a heart and brain inside, and a person with gears and a lightbulb. The main title 'MENTAL HEALTH RESOURCES' is in large white letters. Below it, the subtitle 'In the age of COVID-19' is in smaller white letters. The yellow band contains the text 'THE IMPORTANCE OF MENTAL HEALTH' and a paragraph of text next to a brain icon with gears. Below the yellow band, the text 'RESOURCES TO SUPPORT STUDENTS' MENTAL HEALTH DURING COVID-19' is in white. A list of resources follows, including phone numbers and email addresses. At the bottom, there are logos for Riverside University Health System Public Health, HARC, Riverside University Health System Behavioral Health, and a small logo for the Riverside County Office of Education.

MENTAL HEALTH RESOURCES

In the age of COVID-19

THE IMPORTANCE OF MENTAL HEALTH

Given the challenging time we are currently facing, students may be experiencing high stress levels and emotional trauma. This is a very critical time for our students and we must place importance on their mental health. Fortunately, there are resources available for our students.

RESOURCES TO SUPPORT STUDENTS' MENTAL HEALTH DURING COVID-19

- [Care Solace](#)
- California Peer-Run Warm Line (toll-free): 1-855-845-7415
- NAMI HelpLine: 800-950-6264
- 24-hour crisis center: 1-800-273-8255 OR text "HOME" to 741741 for the Crisis Text Line
- 24-hour crisis/suicide intervention service: 951-686-4357
- National Suicide Prevention Lifeline: 1-800-273-8255 OR Spanish line: 1-888-628-9454

24-hour Mental Health Urgent Care

- Riverside: 951-509-2499 (18 and older)
- Perris: 951-349-4195 (13 and older)
- Palm Springs: 442-268-7000 (13 and older)

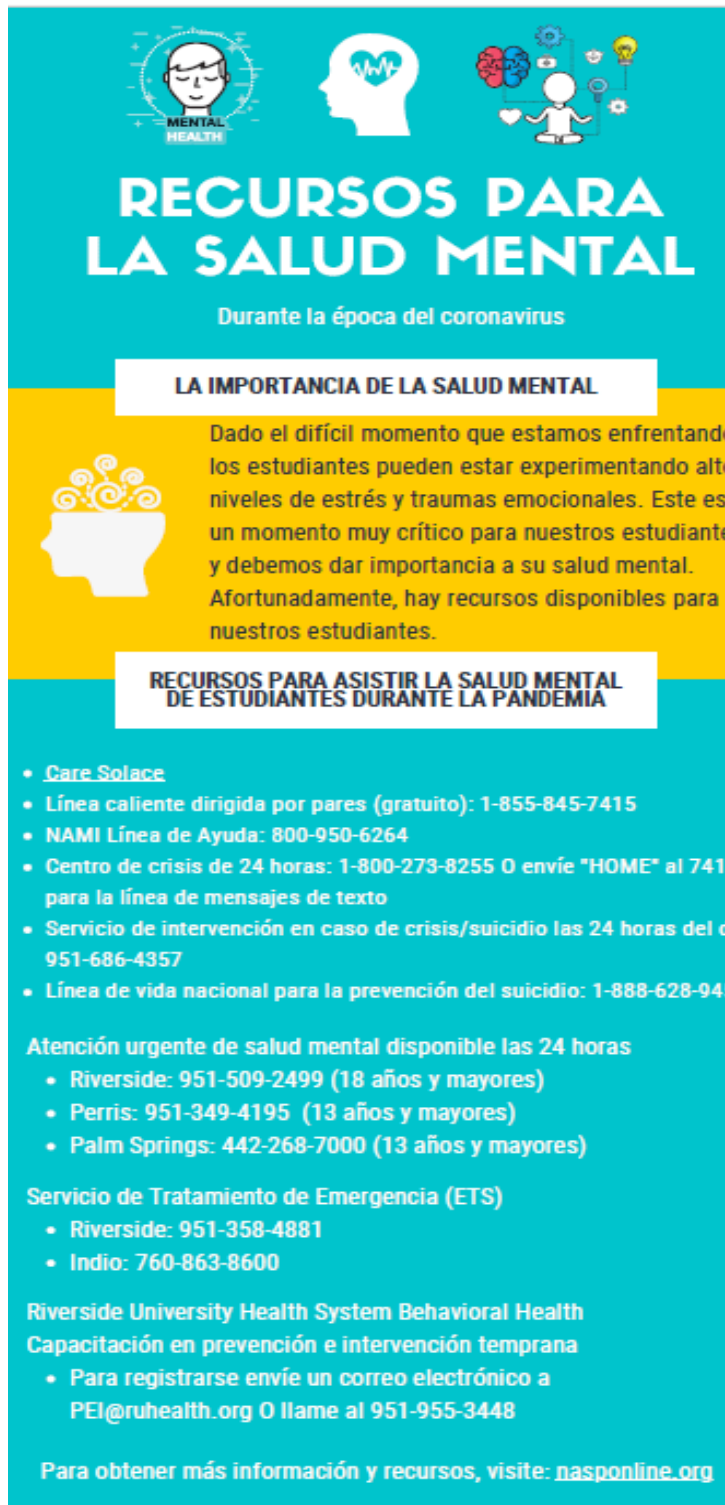
Emergency Treatment Service (ETS)

- Riverside: 951-358-4881
- Indio: 760-863-8600

Riverside University Health System Behavioral Health Prevention and Early Intervention Trainings

- To register email PEI@ruhealth.org OR call 951-955-3448

For more information and resources, visit: nasponline.org



RECURSOS PARA LA SALUD MENTAL

Durante la época del coronavirus

LA IMPORTANCIA DE LA SALUD MENTAL

Dado el difícil momento que estamos enfrentando los estudiantes pueden estar experimentando altos niveles de estrés y traumas emocionales. Este es un momento muy crítico para nuestros estudiantes y debemos dar importancia a su salud mental. Afortunadamente, hay recursos disponibles para nuestros estudiantes.

RECURSOS PARA ASISTIR LA SALUD MENTAL DE ESTUDIANTES DURANTE LA PANDEMIA

- Care Solace
- Línea caliente dirigida por pares (gratuito): 1-855-845-7415
- NAMI Línea de Ayuda: 800-950-6264
- Centro de crisis de 24 horas: 1-800-273-8255 O envíe "HOME" al 7417 para la línea de mensajes de texto
- Servicio de intervención en caso de crisis/suicidio las 24 horas del día: 951-686-4357
- Línea de vida nacional para la prevención del suicidio: 1-888-628-945

Atención urgente de salud mental disponible las 24 horas

- Riverside: 951-509-2499 (18 años y mayores)
- Perris: 951-349-4195 (13 años y mayores)
- Palm Springs: 442-268-7000 (13 años y mayores)

Servicio de Tratamiento de Emergencia (ETS)

- Riverside: 951-358-4881
- Indio: 760-863-8600

Riverside University Health System Behavioral Health
Capacitación en prevención e intervención temprana

- Para registrarse envíe un correo electrónico a PEI@ruhealth.org O llame al 951-955-3448

Para obtener más información y recursos, visite: nasponline.org

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Peer to Peer Programs

Operation SafeHouse:

- Serving: All Regions of Riverside County
- Contact: 760-285-1740

Victor Community Support Services:

- Serving: Mid-County Region
- Contact: 951-436-5312

Rainbow Pride Youth Alliance Social

951-435-1564

Online and Telephone Support

Riverside County Help Line:

- (951) 686-HELP(4357)

What's Up SafeHouse 24/7 Line:

- Text SHHELP Hi to 274637

TREVOR Project:

- 866-4-U-TREVOR
- (488-7386) (LGBTQ)

Hearing Impaired

- 1-800-799-4TTY(4889)

CA Youth Crisis Line

- 1(800) 843-5200

Take My Hand – 24/7 Peer support chat

- Visit: www.takemyhand.com