

YOUR MENTAL HEALTH MATTERS



Mental Health Resources and Activities Book

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Mental Health Resources and Activity Book



OVERVIEW

This book is a mental health resource and activity book written by Madera High School and Madera South High School students. Students are part of the AHEC Scholar Program, a CNA program for the health career pathway. Students wrote this book with the intention of providing their peers with mental health resources and de-stress activities made to remind students that their mental health matters.

Mental Health Resources and Activity Book



WORD SCRAMBLE

UNSCRAMBLE THE
POSITIVE AFFIRMATIONS

TYSA IVEIOTPS

YUO OTG TSIH

KPEE GGINO

NOTD GEVI PU

I MA NTGOSR

KMEA TI PNPHENA

NEACGH ORUY SYNDMEI

VOLEE EFLRSYUO

Calming the Emotional Storm

Life is not about finding yourself
Life is about creating yourself

**A RECOVERY JOURNEY TOWARDS A
SECOND-CHANCE AT LIFE**



**CAMARENA
HEALTH**

"DREAM BIG AND DARE TO FAIL" "YOU ARE ENOUGH JUST AS YOU ARE"

"YOU NEVER FAIL UNTIL YOU STOP TRYING" "TURN YOUR WOUNDS INTO WISDOM"

DATE

Dear Diary, Today I

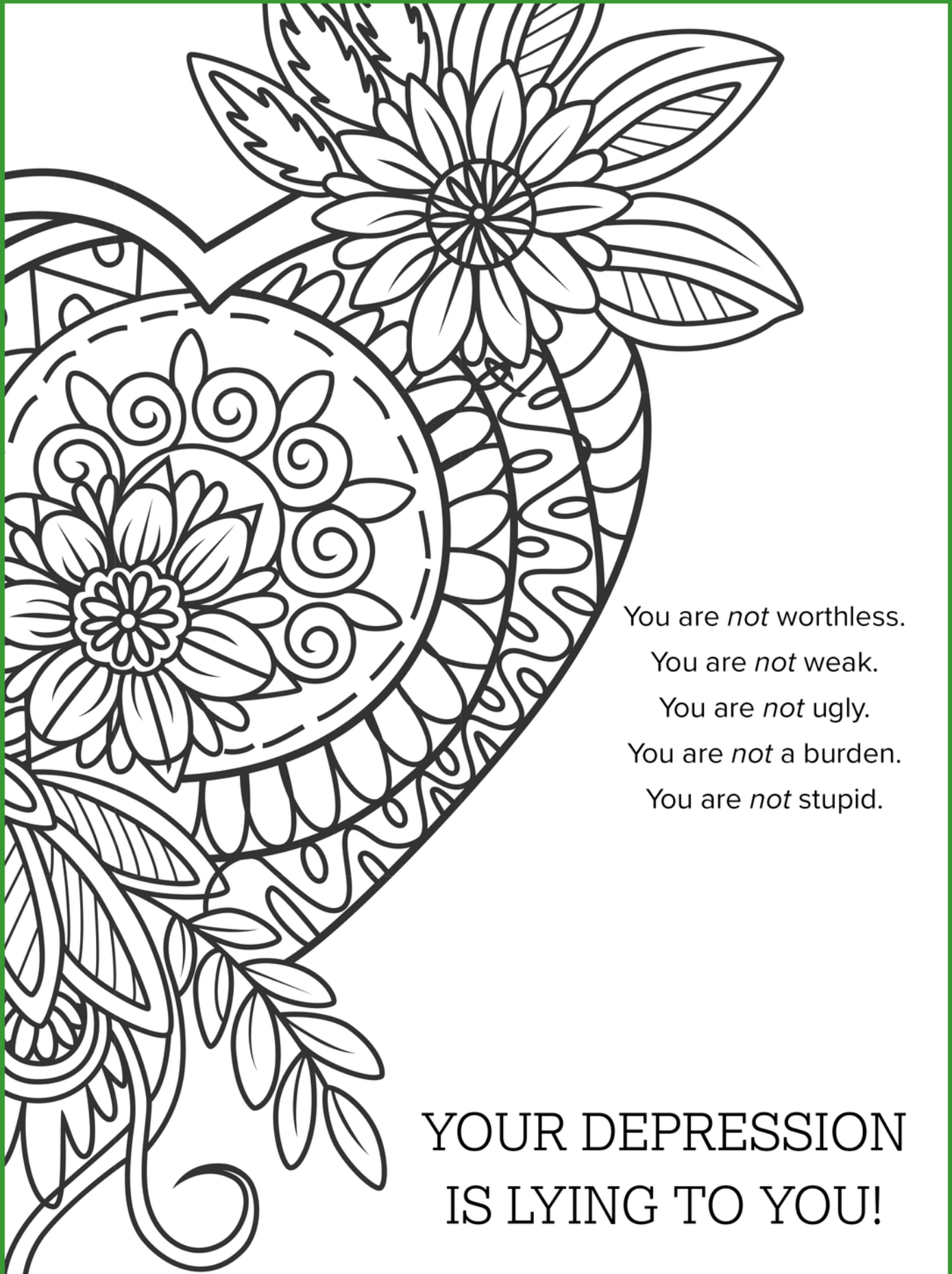


"DO NOT GIVE YOUR PAST THE POWER TO DEFINE YOUR FUTURE"

"IN THE MIDDLE OF EVERY DIFFICULTY LIES OPPORTUNITY"

I have the power to change my story.

When I forgive myself, I am free.



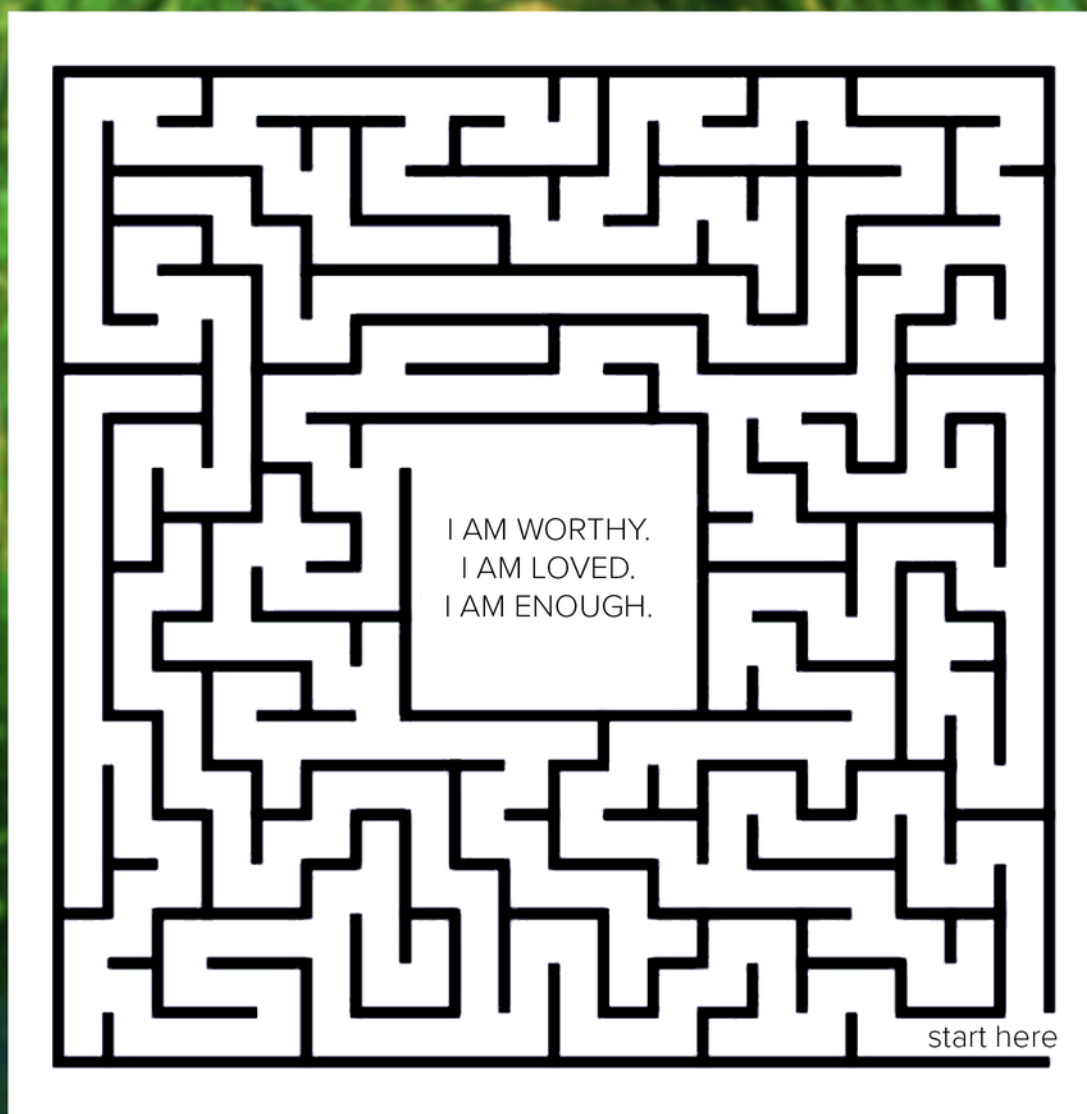
You are *not* worthless.
You are *not* weak.
You are *not* ugly.
You are *not* a burden.
You are *not* stupid.

**YOUR DEPRESSION
IS LYING TO YOU!**

I am getting better and better every day.

I am successful, confident, powerful, and strong.

**I breathe in calmness,
and breathe out
stress and anxiety.**





The *Heart* of Healthcare

Check List

- **STOP AND TAKE A DEEP BREATHE!**
- **HAVE YOU DRANK WATER?**
- **HAVE YOU EATEN?**
- **HAVE YOU BEEN OUTSIDE TODAY?**
- **HAVE YOU MOVED YOUR BODY?**
- **FORGIVE YOURSELF FOR A MISTAKE**
- **HAVE YOU JOURNALED ABOUT YOUR FEELINGS?**
- **GET SOME REST**





POSITIVE AFFIRMATION WORD SEARCH

T I A E M M C G K M U H S T C E P S E R E L S
P H Z M Z E A S A F E B E F P F N G G D G M Y
B A V C A V N V A L V A L A T W K J N B N F F
V P K G T Z V C U L O T A E V E P Y J E I D Q
D P R X N P I D O L I V O D S E U G V L T S S
Z I R K A Q Y N Q U D V E B V S N Q V O N O E
S N S L G F H G G M R H E R C E E L P V A V C
R E S J E G T N Z A B A S X X O N D Y E H X Y
E S E N L U L I A R I G G K O L N T N D C N O
V S C Z E D A R B V W R K E A A B F U S N V S
I B C X S F E E G E B D S D M C M B I R E H H
T S U O S T H W I L P C X B X E T J B D O S V
I S S T Q D D O K O L Z Z A R J N I Q P E U L
S Y A D M D P P I U W K K L Z T L T V H X N S
O P Z G L B I M L S Y D G M O A Y A M E U D T
P K G I S W P E K P T U X O C X U V V M A X Y

ENCOURAGEMENT

ADVENTUROUS

EMPOWERING

ENCHANTING

ALIVE

AMAZING

BELOVED

BLESSED

CONFIDENT

ELEGANT

ACTIVE

LOVE

SAFE

HEALTHY

MARVELOUS

POSITIVE

RESPECT

HEAVENLY

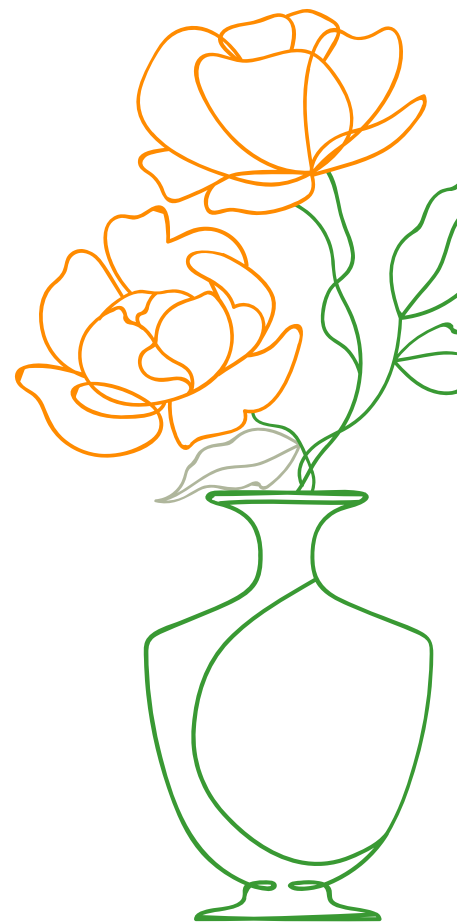
SUCCESS

HARDINESS





*You're
Being Great*

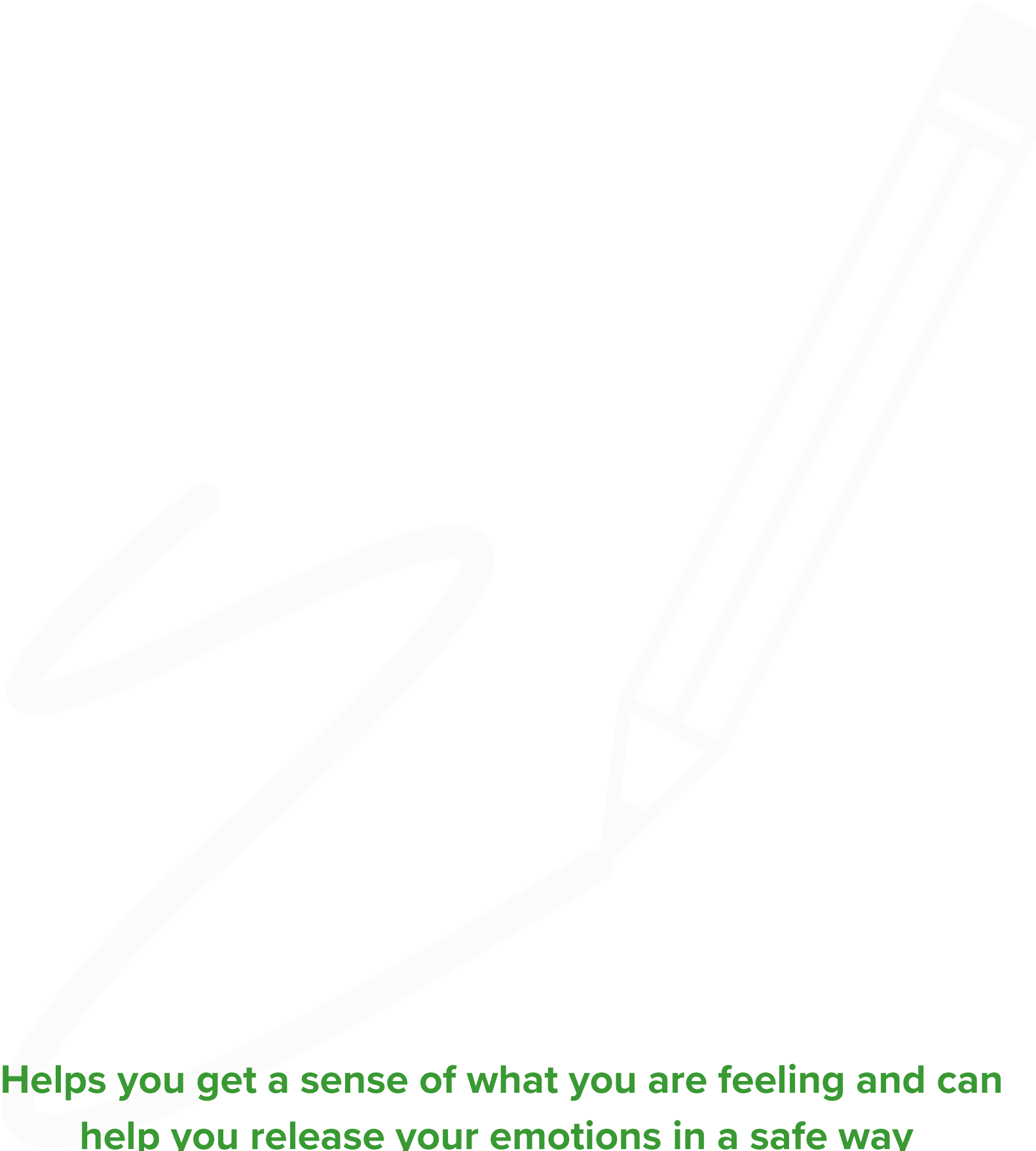


CAMARENA
HEALTH

PURPOSE!

It is okay to have these emotions and it can be hard to talk with someone, this book can be used to help those who need to cope in a safe space. Within recent times it has been hard for teens to be able to cope with their emotions in a safe way. This mental health book is used to help teens cope with whatever they are feeling in a safe way. This activity book can be used by anyone no matter what age they are, gender, sexual orientation, or anything at all.

Draw what you're feeling



Helps you get a sense of what you are feeling and can help you release your emotions in a safe way



Write what you're feeling and tare it out

Writing what you are feeling helps you give a sense on how you are feeling and once you are done tare it out, get rid of it so one sees what you wrote

Draw Faces



Drawing faces is you drawing what each of these look like in your own perspective



PERSONAL NARRATIVE



Positive Word Search

P	O	S	I	T	I	V	E	R	T	S	K
T	A	M	R	P	Q	W	F	S	K	A	E
M	O	T	I	V	A	T	E	D	E	F	U
X	K	W	V	A	C	T	I	V	E	E	K
D	T	O	N	F	H	E	A	L	T	H	U
H	M	H	A	P	P	I	N	E	S	S	K
B	Y	T	H	L	L	H	F	I	U	I	E
D	M	E	N	T	A	L	A	F	H	Y	E

Find the following words in the puzzle.
Words are hidden → and ↓ .

ACTIVE
HAPPINESS
HEALTH

MENTAL
MOTIVATED
POSITIVE

SAFE



LET IT GO



POSITIVE THINGS THAT HAPPENED TODAY		WHAT DIDN'T GO AS PLANNED? CAN WE CHANGE IT
1.		1.
2.		2.
3.		3.





FUN **FACT**

**SUN EXPOSURE CAN HELP
PEOPLE WITH ANXIETY
AND DEPRESSION**





DRAW YOUR FEELINGS





NATIONAL HOTLINES

SUICIDE HOTLINE: 988

BULLYING PREVENTION: 1-800-273-8255



FEEL GOOD PLAYLIST



LISTEN NOW

Bethany Villa Playlist 

"The Climb" by Miley Cyrus

"A Million Dreams" by the Greatest Showman

Behtzabet Martinez Playlist 

"I Gotta Feeling" by Blacked Eyed Peas

"Can't Stop The Feeling" by Justin Timberlake

Saaniya Haans Playlist 

"A Thousand Miles" by Vanessa Carlton

"Out of Tune" by The Backseat Lovers

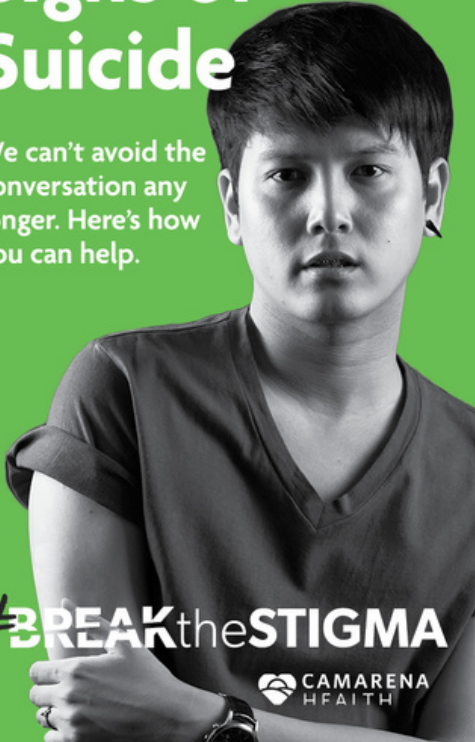
Jocelyn Mendez Playlist 

"Levitating" by Dua Lipa

"Best Day of my Life" by American Authors

Know the Signs of Suicide

We can't avoid the conversation any longer. Here's how you can help.



#BREAKtheSTIGMA



What to Do If You See the Signs

If you see signs that a friend or loved one is considering suicide, you should:

CONNECT with them immediately. Start by stating the behaviors you've seen, without judgment. Then, begin exploring why the person is behaving the way they are.

ENCOURAGE them to seek professional help. Help them schedule an appointment with a Behavioral Health provider or seek immediate assistance.

PERSIST in normalizing conversations about mental health. If your friend or loved one doesn't recognize that they have a problem, talk to them again - and tell someone else if necessary.

Suicide Prevention Resources

If you or someone you love is considering suicide, reach out to one of the following resources:

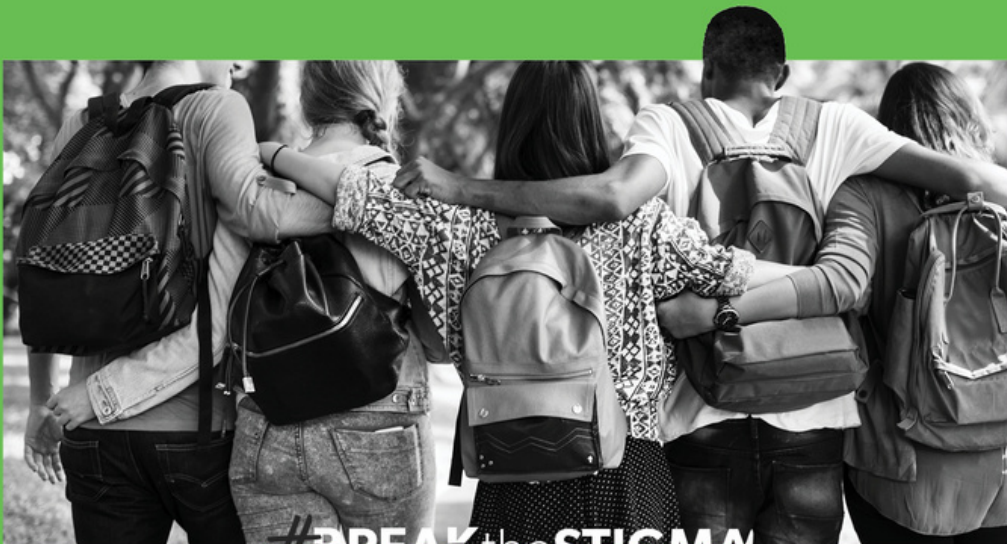
- National Suicide Prevention Hotline: **800-273-8255**
- Crisis Text Line: **Text HOME to 741741**
- Madera County Behavioral Health Hotline: **888-275-9779**
- TrevorLifeline: **1-866-488-7386**

For additional support, reach out to:

- Camarena Health Behavioral Health Services: **559-664-4000**
- Madera County Behavioral Health Services: **(559) 673-3508**
- Victim Service Center: **559-661-1000**

Know the Signs. Be a Support.

1 in 5 Teens Will Experience a Mental Health Issue



#BREAKtheSTIGMA

The Signs of Suicide

The following warning signs might indicate that a person is considering suicide:

- Talking about suicide or suicidal thoughts.
- Seeking the means to kill themselves (including procuring a gun or pills).
- Withdrawing from social contact and activities.
- Being preoccupied with death, dying, or violence.
- Expressing feelings of hopelessness or despair.
- Talking about being a burden to others.
- Acting anxious, agitated, or reckless.
- Displaying extreme mood swings.

What to Do If You Are Feeling Suicidal

If you are feeling suicidal, reach out to a friend, loved one, or professional NOW. If you need immediate assistance, refer to the list of resources on the back page.



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