

# BRAIN BREAK BULLETIN

Mental health tips from PSD counseling staff.

## Topic: Healthy coping

When times are tough, it can be tempting to cope in unhealthy ways, which can make things worse.

Try destressing through art projects, crafts, or gaming with friends.



Healthy activities that can connect you to others could include playing music with friends, playing team sports, or taking a walk with friends or family members.

[qrco.de/psdmentalhealth](http://qrco.de/psdmentalhealth)



Scan for more mental health resources

Dealing with feelings in a prosocial way can build self-esteem, social skills, connection to others, and problem-solving and resilience skills.

NEED SOME SUPPORT?

Colorado  
Crisis Services  
[coloradocrisiservices.org](http://coloradocrisiservices.org)  
1-844-493-8255  
Text "TALK" to 38255

988 Suicide & Crisis Lifeline  
Call or text 988, [988lifeline.org](http://988lifeline.org)

Safe2Tell  
1-877-542-7233  
[safe2tell.org](http://safe2tell.org)



Scan to read this online.



Escanea, para leer esta información en español.



قم بالمشح هنا للقراءة باللغة العربية.

Ask.

Listen.

Connect.