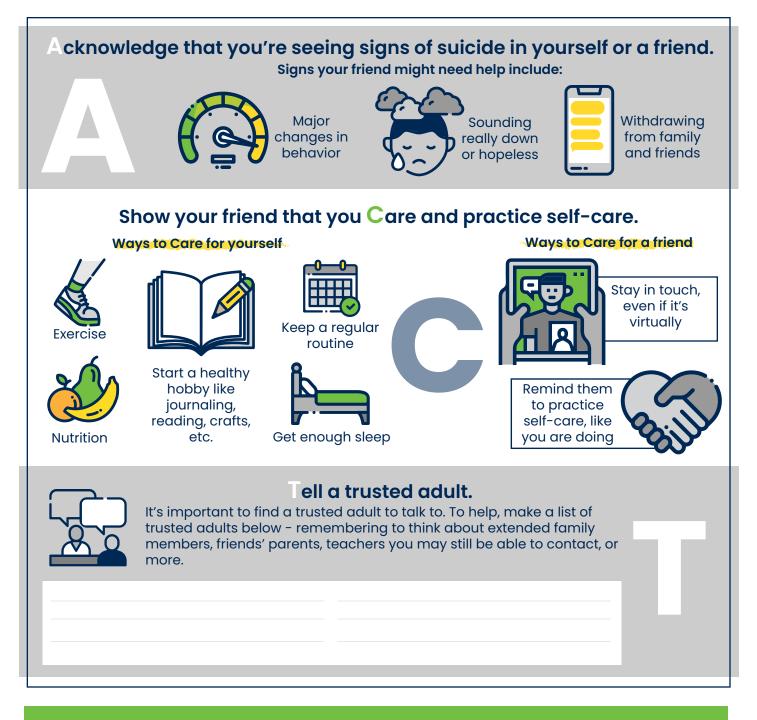
# It's important to take care of yourself and remember to ACT!



Help is always available. If you need someone to talk to, reach out to these resources. Reach the Crisis Text Line by texting ACT to 741741.
Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

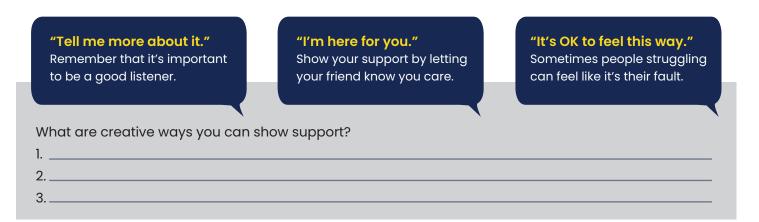
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# **Understanding When to ACT**

Middle school can be an exciting time in your life, but it can be a stressful time, too. It's more than okay to feel stressed or down sometimes. In fact, it's normal to feel this way. It's OK to feel overwhelmed sometimes, but it's important to keep taking care of yourself and looking out for your friends, especially when times are tough.

Remember, **ACT** is an easy way to help – **Acknowledge** what they're feeling, show you **Care**, and help them by **Telling** a trusted adult. Here are four phrases you can use to show your support.



## How to Take Care of Your Own Body and Mind



### Sleep

It's important to get 9-11 hours of sleep each night.



**Eat healthy** Get 2 servings of fruits and 3 servings of vegetables a day.



### **Exercise** Try and exercise for at

Try and exercise for at least 1 hour a day.

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If you are concerned about a yourself or a friend – reach out to **The National Suicide Prevention Lifeline:** Call **1-800-273-8255** to access free, 24/7, confidential support for people in distress, prevention and crisis resources. **Crisis Text Line:** Text **ACT** to **741741** for free, 24/7 crisis support.

# Tough conversations can happen anywhere.

# Do you know how to ACT?



You can text '**ACT**' to the **Crisis Text Line** at **741741** or call the **Suicide Prevention Lifeline** at **1-800-273-8255** 





#### If you're concerned about yourself or a friend, don't be afraid to ACT.



### Acknowledge

signs of depression suicide in a friend.

Care

Show your friend that you care.

Tell a trusted adult.



### For more information or help:

If you or someone you know is struggling with their mental health, the National Suicide Prevention Lifeline and Crisis Textline are important resources available 24/7. Call 1=800-273-TALK (8255) or text "ACT" to 741741 for free confidential assistance.

