

MENTAL HEALTH RESOURCES

COVID EDITION

FOR SECONDARY
STUDENTS

Websites

- [Society of Clinical Psychology: MBCT Overview](#)
- [Center for Mindfulness Studies](#)
- [Better Help Counseling](#)
- [Oxford Mindfulness Centre](#)
- [Guide to MBCT](#)
- [Positive Psychology & MBCT Resources](#)
- [National Alliance on Mental Illness \(NAMI\): Teens and Young Adults](#)
- [American Psychiatric Association: Mental Health Disparities - Diverse Populations](#)
- [Suicide Prevention Lifeline](#)



Mindfulness Exercises

- **Mindful Breathing:** Inhale for 7 sec. Exhale for 11 sec. Repeat as many times as need until you feel calm. Try closing your eyes when you do this. You can do this anywhere!
- Talk to friends & family

HOW SCHOOL PSYCHOLOGISTS AND SCHOOL COUNSELORS CAN HELP YOU!

- They can support your mental health, even if you do not have a specific diagnosis
- You can talk about: home problems, identity issues, self-esteem, conflict with peers, stress, goal-setting, recent loss
- Getting help early is always the best option!

Apps



[Headspace](#)

[Calm](#)

[UCLA Mindful](#)

[Serenity](#)