



# YOU MATTER



May is Mental Health Awareness Month.  
FJUHSD honors students by highlighting all the things that matter about you.

## YOUR HEALTH MATTERS

Educate yourself on key aspects of your physical health and how you can take care of your body.



## YOUR ACADEMIC GOALS MATTER

Focus on healthy stress management and goal-oriented techniques.

**FJUHSD VIRTUAL CALMING ROOM**

## YOUR MENTAL HEALTH MATTERS

Click on the links that connects you to valuable information about your mental wellness.

My Mental Health: Do I need help?



## YOUR RELATIONSHIPS MATTER

Be aware of how to handle your relationships in a way that is helpful to your well-being.

In crisis and need help?

**CRISIS TEXT LINE |**

**Text HELLO to 741741**

Free, 24/7, Confidential



Orange County | Behavioral Health Information & Referrals

**855-OC-Links**  
(625-4657)

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org