

FJUHSD Mental Health Work Group Presents: Mental Illness Awareness Week



Oct. 4-10th
2020

Here is information and resources we hope you
find helpful!

WAYS TO SEEK HELP

Let **CareSolace** help you
find a mental health
provider that can help you
or your family.

SELF-HELP TOOL

Check out this **video** to help
understand yourself, your
emotions, and what to do
with them.

YOUTH RESOURCE

Our new **FJUHSD Virtual
Calming Room** has been
made to help you deal
with stress, anxiety, and
many other difficult
stressors. Check it out!

WE ARE HERE FOR YOU!

Here is a link to more **information** about
resources on your campus.