

BRAIN BREAK BULLETIN

Mental health tips from PSD counseling staff.

Topic: Transitions

Starting something new (like a new school or grade) can be hard. These tips can help.



Imagine the transition going well.

NEED SOME SUPPORT?

Colorado
Crisis Services
coloradocrisiservices.org
1-844-493-8255
Text "TALK" to 38255

988 Suicide & Crisis Lifeline
Call or text 988, 988lifeline.org

Safe2Tell
1-877-542-7233
safe2tell.org



Reconnect with friends (and staff) you knew last year, but challenge yourself to make new friends by joining a club or team.



Scan to read this online.



Escanea, para leer esta información en español.



قم بالمشح هنا للقراءة باللغة العربية.

qrco.de/psdmentalhealth



Scan for more mental health resources



Keep a routine, such as waking up and going to bed at the same time during the week.

Ask.

Listen.

Connect.