ITS OK TO NOT BE OK

Being a teenager during a global pandemic, civil unrest, and many other stressors can impact your mental health. It is important to express how you’re feeling and reach out for help if you need it.

RESOURCES: 24/7
Baltimore County Crisis Response: 410-931-2214
Crisis Text Line: Text “HOME” to 741741
Trevor Lifeline: Text “START” to 678678

Tips for Managing Stress During the COVID-19 Pandemic:

- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayers, or helping others in need.

Additional Resources:
- Disaster Distress Helpline: 1-800-985-5990
- National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)

Teen Depression: More Than Just Moodiness

Being a teenager can be tough, but it shouldn’t feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you’re not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Stress Reduction Techniques:

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<th>Tai Chi or Yoga</th>
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<td>Meditation</td>
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<td>Deep Breathing</td>
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<td>Watch a Funny Video or Show</td>
<td>Take a Walk</td>
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