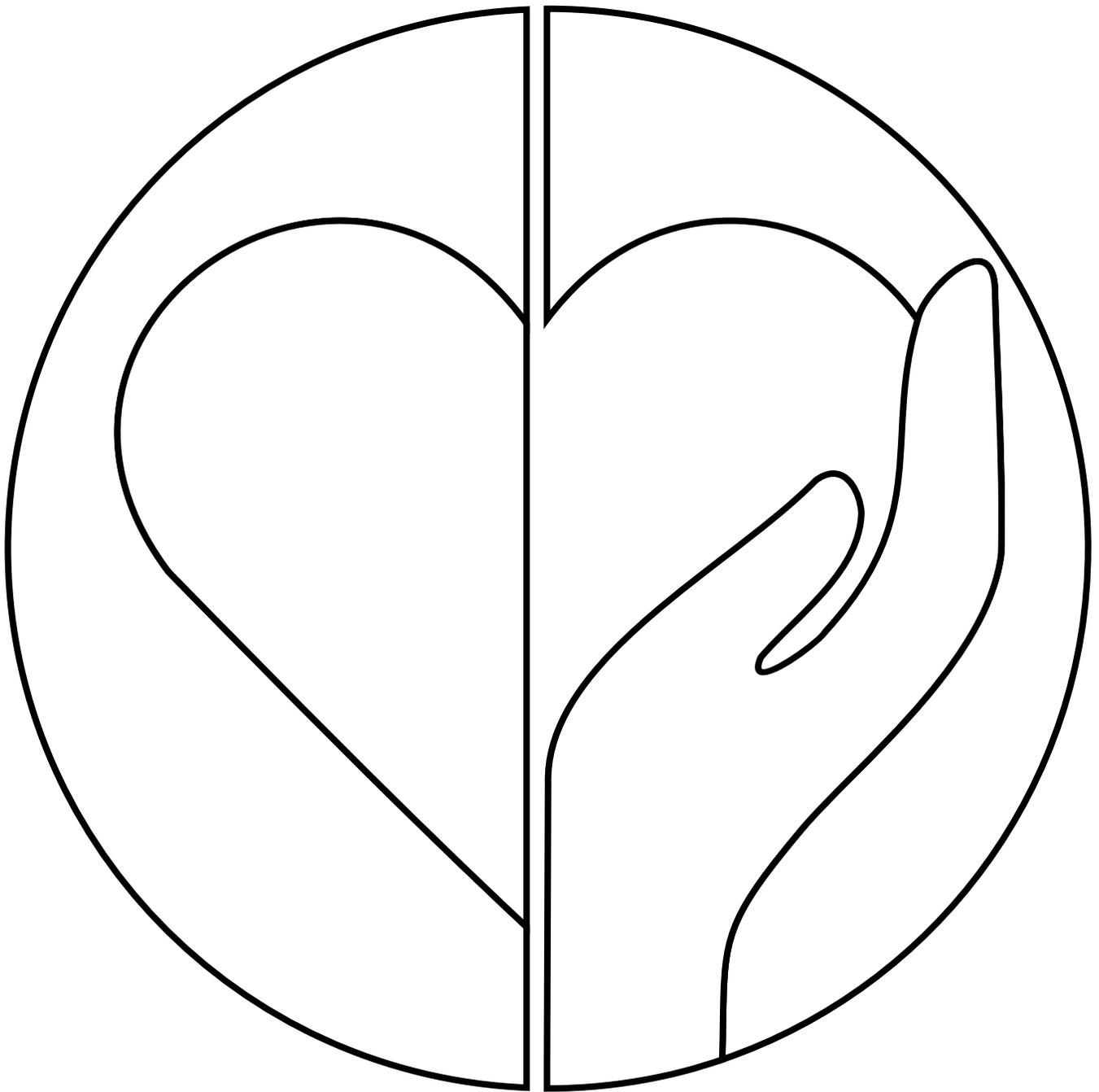




# Mental health matters

**Wellness Coloring Book**

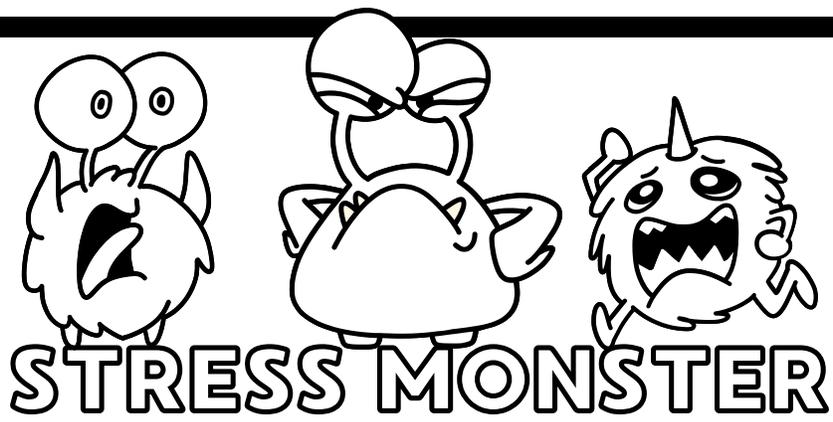


THE SCHOOL DISTRICT OF  
PHILADELPHIA

# OFFICE OF PREVENTION AND INTERVENTION

CALM  
IS  
WITHIN  
YOU





**Draw a stress monster and draw yourself defeating it.**

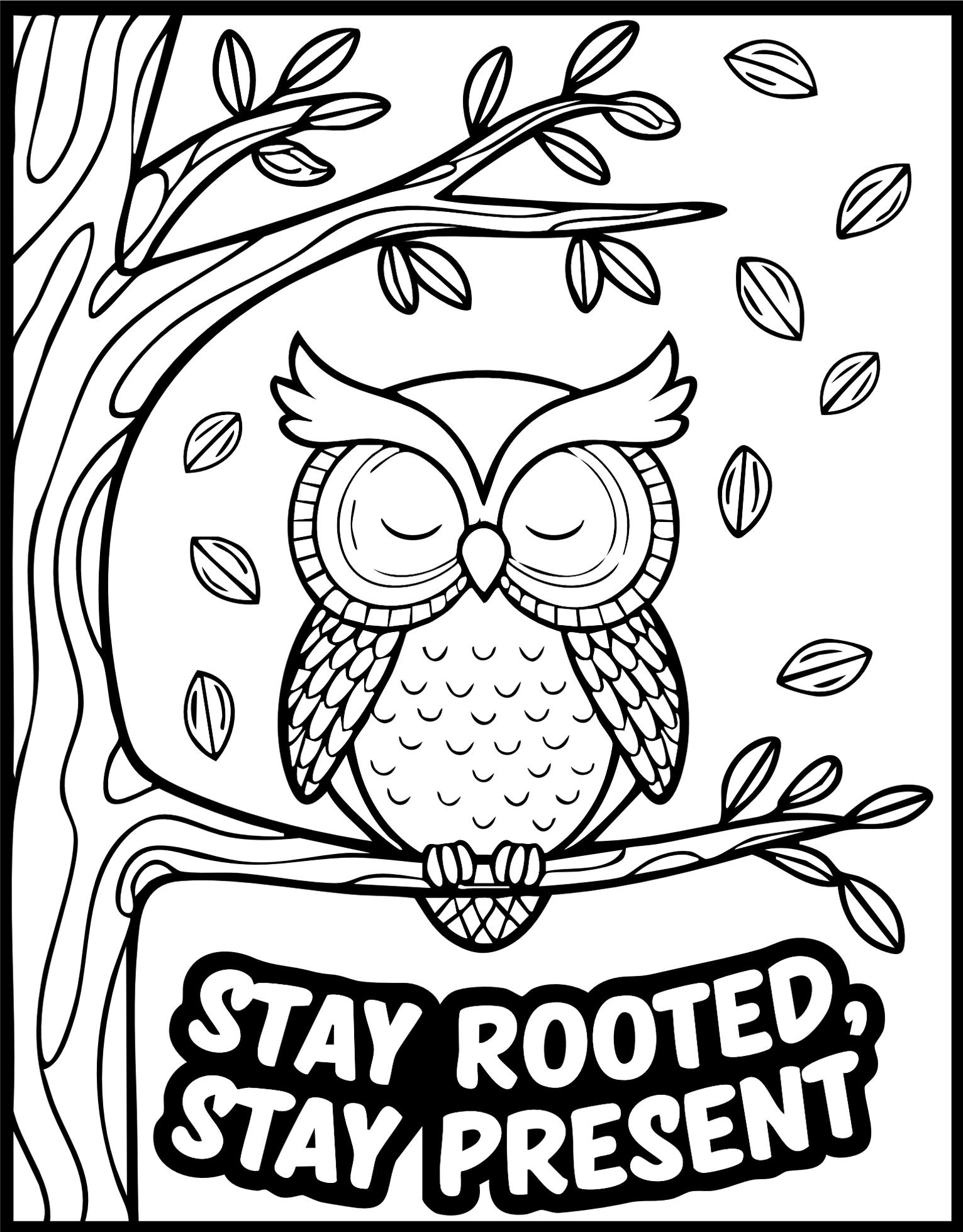
*What do you need to defeat it? What tools and coping skills do you need?*

**LISTEN**

**TO WHAT**

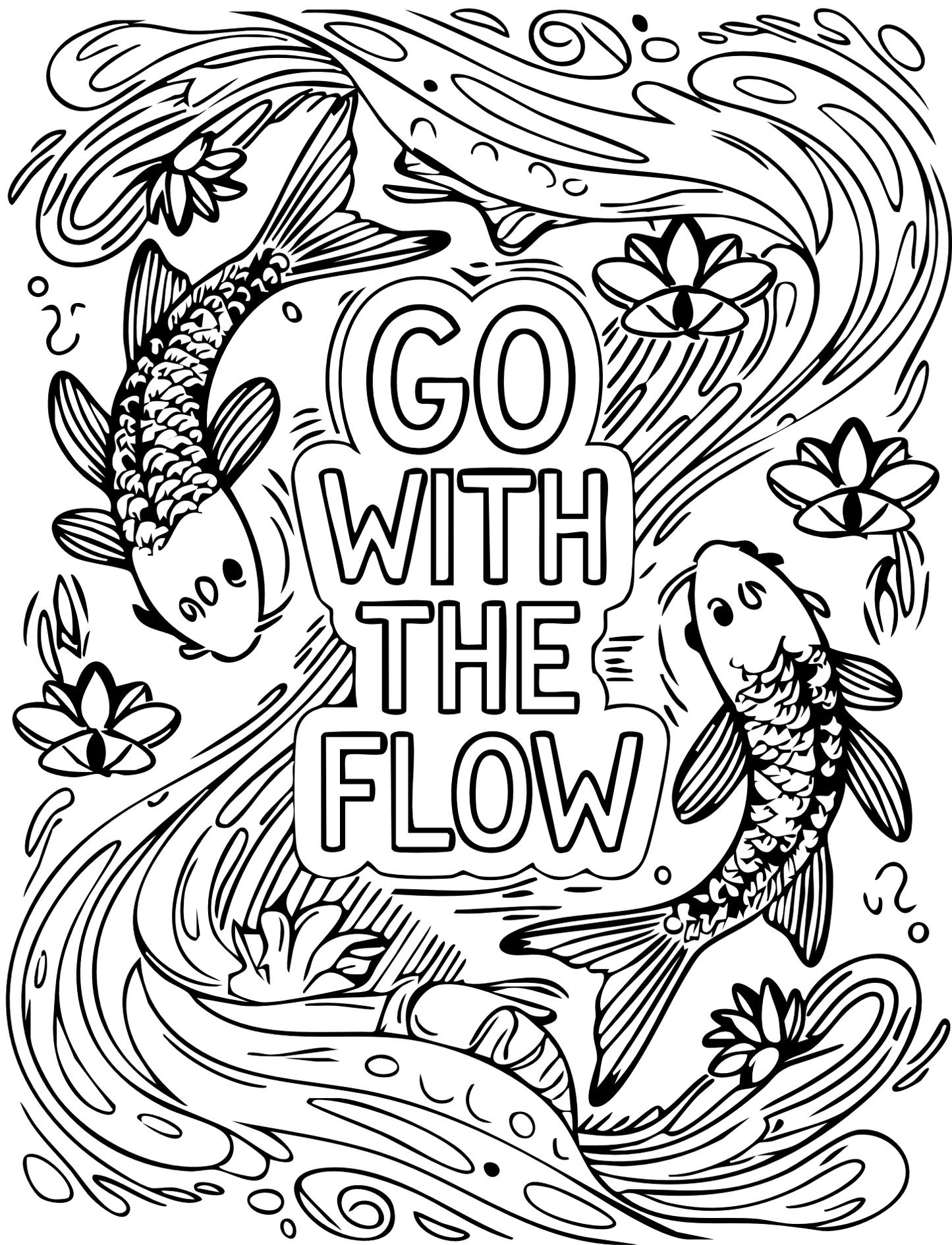


**NEED**



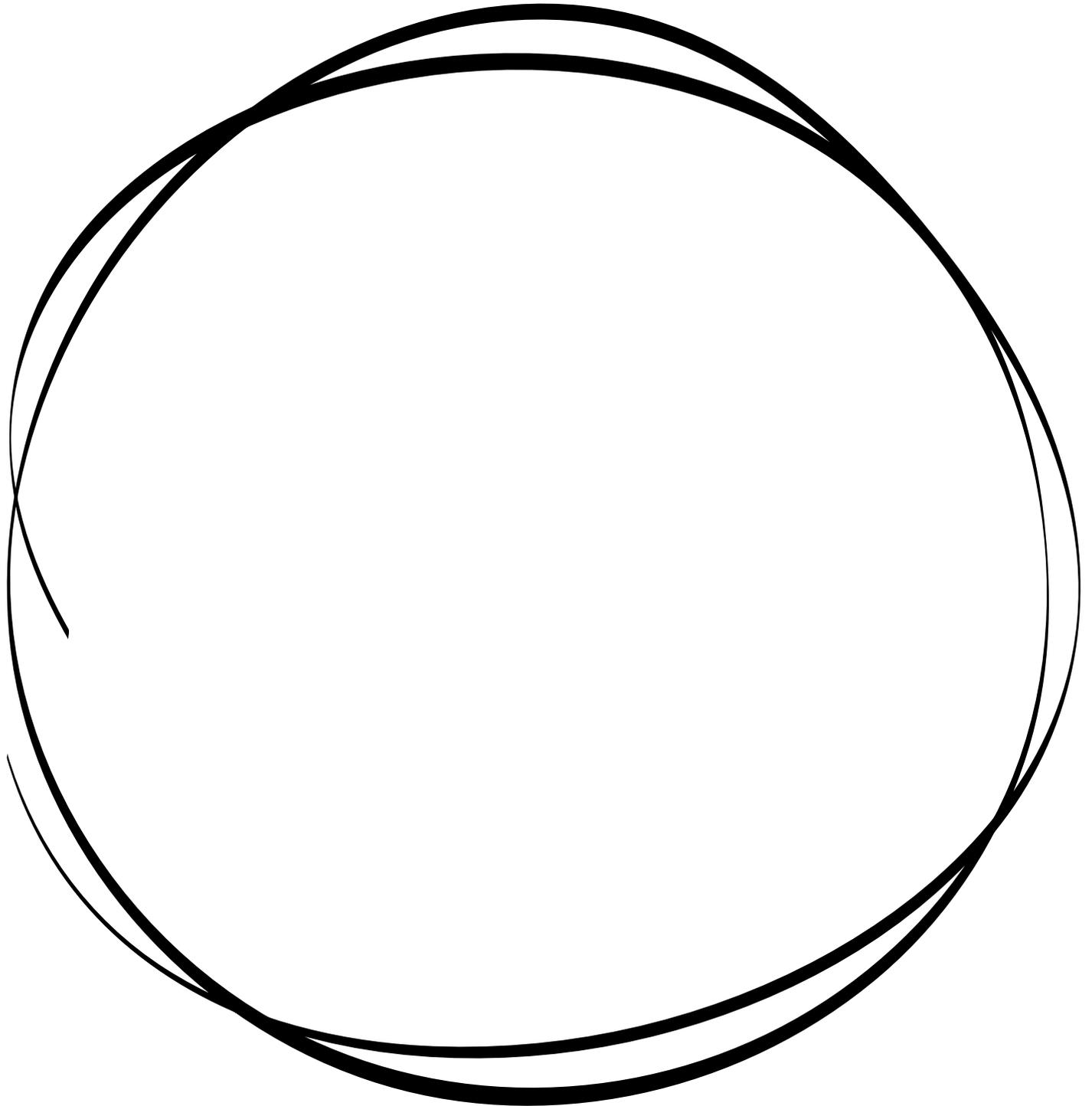
**STAY ROOTED,  
STAY PRESENT**

GO  
WITH  
THE  
FLOW

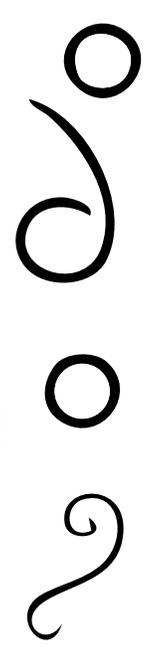


# I'm "Doing Ok"

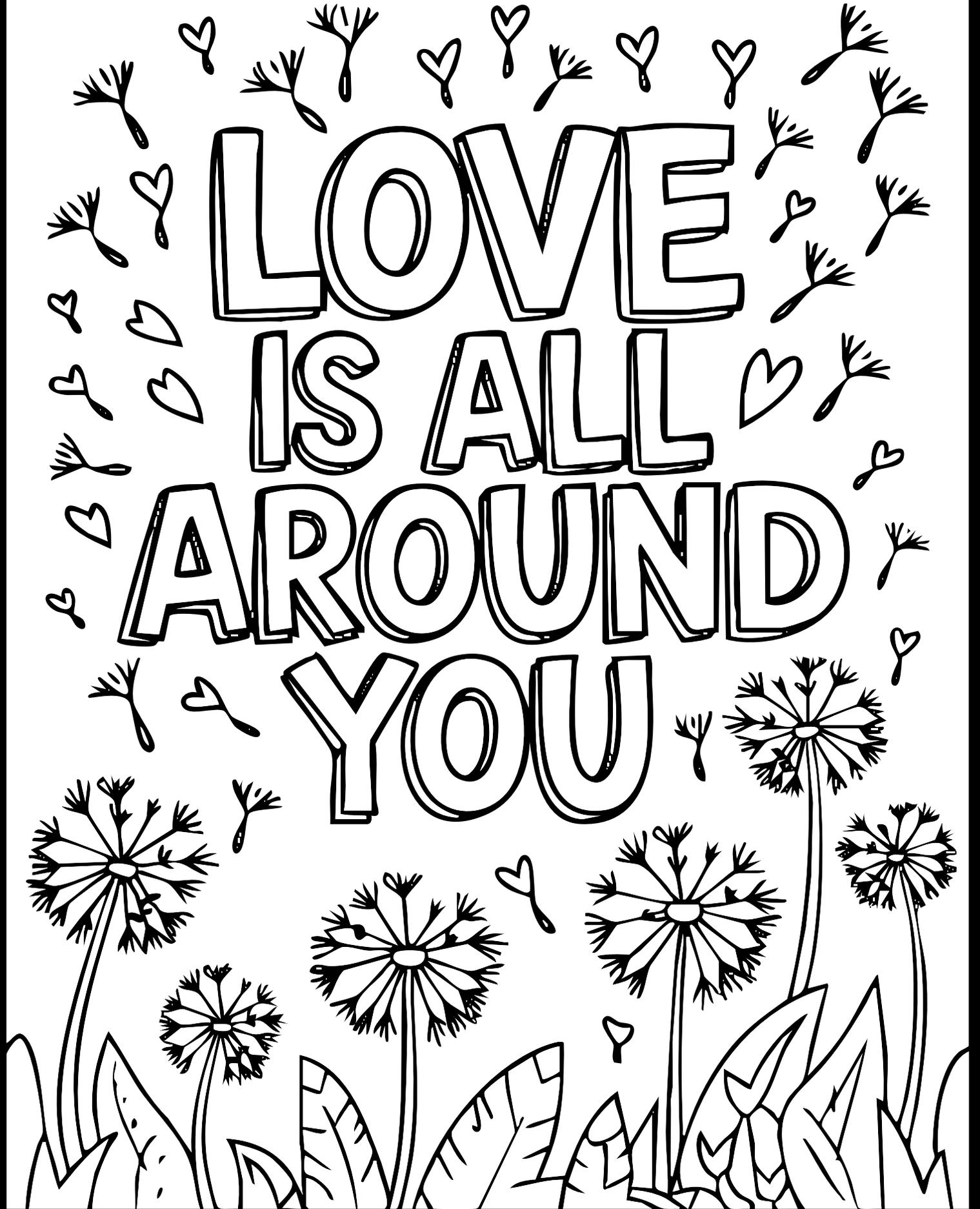
Draw a picture in the circle to show how you feel when you say you are "doing ok."



STRIVE  
FOR  
JOY  
NOT  
PERFECTION!



LOVE  
IS ALL  
AROUND  
YOU



*We're here to help!*

## GET IN TOUCH WITH YOUR STUDENT'S SCHOOL COUNSELOR

Scan the code or visit  
[bit.ly/sdpcounselors](https://bit.ly/sdpcounselors)



### Crisis & Support Resources

- [988 Lifeline](#)  
24/7 emotional crisis support  
Call/Text: [988](#)
- [DBHIDS Mental Health Delegate Hotline](#)  
\*Call if you are seeking help for yourself, a family member, a friend, etc. (available 24/7)  
Call: [215-685-6440](#)
- [DBHIDS Suicide/Crisis Intervention Line](#)  
\*local 24-hour call center to assist individuals with behavioral health crises  
Call: [215-686-4420](#)
- [Crisis Text Line](#)  
24/7 text support  
Text: [HOME to 741741](#)
- [Philly HopeLine](#)  
Emotional support, Mon–Thurs, 10am–4pm  
Call: [1-833-PHL-HOPE](#)
- [Trevor Project](#)  
Crisis support for LGBTQIA+ youth  
Text: [START to 678-678](#)
- [Trans Lifeline](#)  
Peer support by and for trans people  
Call: [\(877\) 565-8860](#)
- [Veterans Crisis Line](#)  
24/7 support for veterans  
Call: [1-800-273-TALK \(press 1\)](#) | Text: [838255](#)
- [211 Helpline](#)  
Community resources & referrals  
Call: [211](#)
- [CBH Non-Emergency](#)  
Connect to behavioral health services  
Call: [888-545-2600](#)
- [Disaster Distress Line](#)  
Crisis support for disaster-related stress  
Call: [1-800-985-5990](#)



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