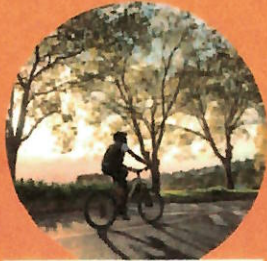


Friendships & Mental Health

Show your friends you are there for them by encouraging them to practice coping strategies.



Yoga



Physical Activity

Ride a bike
Walk
Stretch



Breathing Exercises

Inhale for 4
Hold for 7
Exhale for 8



Volunteer

Animal shelter
Senior living
Food pantry



Find a hobby

Read
Paint
Dance



Hang out with friends

Go to the park
Watch a movie
Have a game night



Practice gratitude

Write down things you are grateful for



Spend time in nature

Take a hike
Watch the sunset
Stargaze

WARNING SIGNS OTHERS MAY BE STRUGGLING WITH THEIR MENTAL HEALTH:

- Don't hang out anymore
- Feel sad or hopeless
- Distracted during conversations or activities
- Loss of interest in activities
- Have a negative view on life

HOW TO SUPPORT OTHERS:

- Listen to them
- Invite them to social gatherings
- Send them a care package
- Encourage them to get help
- Offer to call the Lifeline together
- Let them know it's okay to ask for help



Mental Health Support Resources

Contact your school's psychologist: Dr. Tonia Safford-McClure: (951) 294-6775 ext. (3011)

Contact your school's psychologist: Dr. Tanisha Penick: (951) 294-6775 ext. (3013)

Contact your school's counselor: Kari van den Eikhof: (951) 294-6775 ext. (3011)

Visit your school's student support center: Room 5

Text the CRISIS Line: Text "TALK" to 741741

Call the Suicide & Crisis lifeline: 988

WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

Practical coping strategies for everyday well-being

Spend time in nature



Stay hydrated



Get a good night's sleep



Exercise



Connect with others



Eat healthy food



Do yoga



Practice gratitude



Mental health is just as important as physical health. Just because you can't see it doesn't mean it's not there.

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or bad about yourself?
- Do you drink or smoke to feel better?

If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.

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Mental Health Resources

This list of resources was compiled by Temecula Valley Charter School and is not an endorsement of a specific provider or group.

Psychiatrists:

Elizabeth Roberts, M.D.
951-894-6900
25460 Medical Center Dr., Murrieta

Timothy Murphy, M.D.
760-723-5459
577 E. Elder Street, Ste. C, Fallbrook

Marilou C. Rosas, M.D.
951-506-9112
32605 Temecula Pkwy Ste. 219, Temecula

Elliot Moon, M.D.
951-678-7772
34859 Fredrick, Wildomar

Psychologists:

Steven Herrick, Ph.D.
(specializes in with various mental health conditions)
760-723-4911
591 B. East Elder St., Fallbrook

Susan Gamble, Psy.D
(experience with learning disabilities, ASD, ADHD,
depression, anxiety)
626-319-3258
24885 Whitewood Rd., Murrieta

Marriage and Family Therapists (MFT):

ADHD Solutions/Linda Donnelly, MFT
(specializes in treating children with ADHD)
951-677-2937
39755 Murrieta Hot Springs Rd., Murrieta

Capstone Christian Counseling/Cathy Bisson, MFT
(experience with various mental health conditions)
951-695-3337
27393 Ynez Rd. Ste. 264, Temecula

Lighthouse Counseling/Sandra Graves, LMFT, RPT
(specializes in children/adolescence, PTSD, trauma,
relationship issues)
951-693-2255
43385 Business Park Dr., Temecula

Donald Hall, MFT
(specializes in adjustment issues, depression, anxiety,
divorce, grief/loss)
951-304-0882
40680 California Oaks Rd. Ste. 2D, Murrieta

Lighthouse Counseling/John Lucas, MFT
(specializes in adoption, anxiety, depression, parenting, abuse, ADHD)
951-693-2255
43385 Business Park Dr., Temecula

Mitchell Cohen, MFT
(specializes in low self-esteem, depression, self-
mutilations, bullying, school related problems)
951-296-9919
41690 Enterprise Circle No. 209, Temecula

Mitchell Rosen, MFT
(specializes in ADHD, learning disabilities, anger control,
poor social skills, court services)
951-694-0372
43537 Ridge Park Dr., Ste. 202, Temecula

Beverly Garrigues, MFT & Jeff Owens, MFT
(specializes in relationship problems)
951-695-3382
(English/Spanish)
28936 Front Street, Suite 106, Temecula

Whitson Family Therapy/Rochelle Whitson, MFT
(specializes in depression, anxiety, grief/ loss, trauma,
ADHD, relationship problems, etc.)
(951) 234-4788
31805 Temecula Parkway, Temecula

Terri Phillips, MFT
(specializes in anxiety, depression, OCD, ASD, etc.)
909-730-0410
32605 Temecula Parkway, Ste. 208, Temecula

Aurora Family Counseling Family Center
(specializes in individual counseling, family systems, military, PTSD,
parenting groups, and domestic violence)
Old Town Murrieta
24977 Washington Ave., Murrieta, Ste. K
951-677-1470

Licensed Clinical Social Workers:

Susie Gonsalves, MSW, LCSW
951-302-6400
32605 Temecula Parkway, Ste. 206, Temecula

Nicol Stolar-Peterson, LCSW, BCD, PSY.D
(specializes in co-parenting, custody evaluations,
substance abuse, mental health problems, etc.)
Phone: 951-595-6864 (office) & 310-422-4575 (cell)
www.nicolstolar.com

Other Resources:

Novell and Novell Counseling
(individual and group counseling services)
951-694-0695
29748 Rancho California, Rd. Temecula

Riverside Recovery Resources
(outpatient substance abuse)
800-801-4673
600 3rd Street, Suite C, Lake Elsinore

Center Against Sexual Assault (CASA)
866-373-8300
1600 E Florida Ave #206, Hemet, CA 92544
<http://www.swcasa.org/>

Donna Wylie, MFT
(specializes in self-esteem, play therapy, grief/loss,
domestic violence, etc.)
951-894-2885
41856 Ivy St. Suite 109, Murrieta

Zsanna Marble, MFT
(specializes in working with families, individuals, etc.)
951-595-7552
39755 Murrieta Hot Springs Rd. Ste. D160, Murrieta
(also has offices in Temecula)

Carol Farr, LCSW
951-304-0882
40680 California Oaks Rd. Suite 2D, Murrieta

Operation Safe House
(24 hr. emergency shelter for youth and adolescents)
951-351-4418

Safe Alternative for Everyone (SAFE)
(basic needs services, counseling, PALS program, etc.)
951-587-3900
28910 Pujol Street, Temecula

MFI Recovery Center
(substance abuse/mental health services)
951-683-6596

Boys Town National Hotline
(24 hr. crisis line parents/adolescents)
800-448-3000

Marine Family services
(Information and Referral Line)
800-253-1624

Riverside County Department of Mental Health/
Temecula Mental Health Services
(crisis intervention, referral services,
intake assessments, psychological evaluation)
41002 County Center Drive, Suite 320, Temecula
951-600-6355
www.rcdmh.org/children-services

7 Cups Listening/Counseling Online Community
(teens 13-17 and adult community; therapeutic
services, wellness resources)
<https://www.7cups.com/>

Care Solace
(concierge services for families
to connect to mental health Services)
888-515-05295
<https://www.caresolace.org/>

Carolyn E. Wylie Center for Children, Youth & Families
(mental health, Autism & LGBTQ support services)
951.683.5193
4164 Brockton Ave., Riverside

Military One Source
(Information/Referral Line/Counseling support)
800-342-9647

National Alliance on Mental Health Illness
(support groups and programs)
951-369-1913

Each Mind Matters
(suicide prevention/intervention)
<https://emmresourcecenter.org/>

CARES Line Phone
(community access, referral evaluation, mental health
support)
800-706-7500

NAMI-Temecula Valley
1-800-950-NAMI (6264)
info@namitv.org