

Green Ribbon Club™ Quick Sheet

"To engage in bipartisan youth advocacy to destigmatize mental health and increase awareness of resources to ultimately aid in the prevention of suicide at local and national levels"

FINDING COUNSELING

School Counseling	You may find their services listed under headings like "student resources," "student services," or "student counseling." Costs are often affordable.
Private Practices	If you have insurance, call the number on the back of your insurance card or on their website. Ask for an 'in-network provider' for psychotherapy.
Sliding Scale	Google 'therapy sliding scale [city] [state]'. Call sources to confirm they are sliding scale. Costs are determined by your income. Most affordable.

REDUCING ANXIETY

1 Breathe: close your eyes and breathe deeply.	2 Organize: keep a list of all the things needed to be done.	3 Socialize: take short breaks to call/see friends	4 Eat well: eat foods low in sugar and high in nutrients.	5 Exercise: spend 20-30 minutes exercising 3-4 times per week.
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FIGHTING DEPRESSION

1 Create a routine: a schedule will keep you moving forward	2 Set goals: they can be small, or big, for each and every day.	3 Challenge depression: try to think positively.	4 Try something new: a new adventure or possible hobby.	5 Use art: draw, read, journal, listen to music, watch movies.
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AVOIDING PANIC

1 Close your eyes: reduce the amount of visual stimuli.	2 Imagine: take yourself to a safe, calm place.	3 Focus: add as much detail to this place as possible.	4 Repeat a mantra: it will be okay. It will be okay.	5 It's not the end: Life will go on and you will live
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Suicide Hotline: 1.800.273.8255 Crisis Text Line: Text 741741
We are that movement. www.GreenRibbonClub.org

