



COPING DURING SUMMER

Mental Health Awareness Month 2025

Maintain Social Connections: Stay connected with friends and family through regular calls, outings, or virtual hangouts. Social support plays a crucial role in maintaining mental well-being.

Maintain a Routine: Sleeping late can be awesome, but oversleeping can become a problem. A routine comes down to the basic aspects of self-care, like connecting with others, eating, and exercising.

Embrace the Outdoors: Spending time outside increases vitamin D levels, which can positively impact mood. Sun exposure also helps regulate melatonin production, aiding in better sleep quality.

Know How You Cope: Knowing how we deal with stress before it happens is crucial to not falling into unhealthy coping mechanisms. Know your support systems before the crisis hits.

Seek Support. If you know you are losing therapeutic support at school, plan now for support from peer groups, therapists, or telehealth. Helplines like Teen Line (1-800-852-8336) and the National Suicide Prevention Lifeline (1-800-273-8255) or text 988 can also provide assistance.

