

Mental Health & Wellness



COUNSELING
DEPARTMENT

Practice Self-Care



This includes getting enough sleep, eating a balanced diet, exercising regularly, and taking breaks when needed.

Stay Connected With Others



Find purpose through mindfulness, nature, and acts of kindness. Spending 10 minutes in quiet reflection can bring inner peace.

Manage Stress



Enjoy your work, maintain work-life balance, and set career goals. Taking regular breaks can prevent burnout.

Practice Mindfulness



Mindfulness involves being present in the moment and focusing on your thoughts and feelings without judgment

Seek Help When Needed



If you are struggling with mental health issues, do not hesitate to reach out for help

*If you need mental health support, the following resources are available year round;
In the event of an emergency, contact 911*

NISD

210-397-7233
24 Hours • Anonymous
text: safe@nisd.net

**NORTHSIDE
SAFE
LINE**

Crisis Line

Suicide Prevention Lifeline

(800) 273-TALK(8255) or
(800)SUICIDE
Text or Call: 988

Mental Health Care

findhelp.org

Bexar County Behavioral Health
tiny.cc/bcbh_resource_directory

Center for Healthcare Services
210-316-9241

SACRD.org

Center for Refugee Services
sarefugees.org

Global Refuge
globalrefuge.org