

TD's Tips!

Mental Health Supports



What can I do?

1. Ask someone you trust that is often peaceful and calm ways that you could manage your emotions, stresses, and challenges in your life.
2. Ask your transition team about the different services that are available for you to manage your mental health.
3. Explore if your school has stress and emotional management workshops to learn different strategies to take care of your mental health.
4. Talk with your school counselor or therapist. Express how you feel about certain situations that you find stressful or challenging.
5. Keep trusted family members informed about your emotions and struggles so they can support you, encourage you, and get you more help if you need it.

Pro Tip!

Learn about mindfulness and breathing exercises you can use to support yourself to respond to stress and big emotions calmly.

How about an ultimate challenge?

With the help of your transition team, find and join a peer support group to connect with teens that understand how you are feeling and can encourage you to take care of yourself and your emotions.

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This tip sheet is aligned to the “Independent Living and Community Engagement” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!