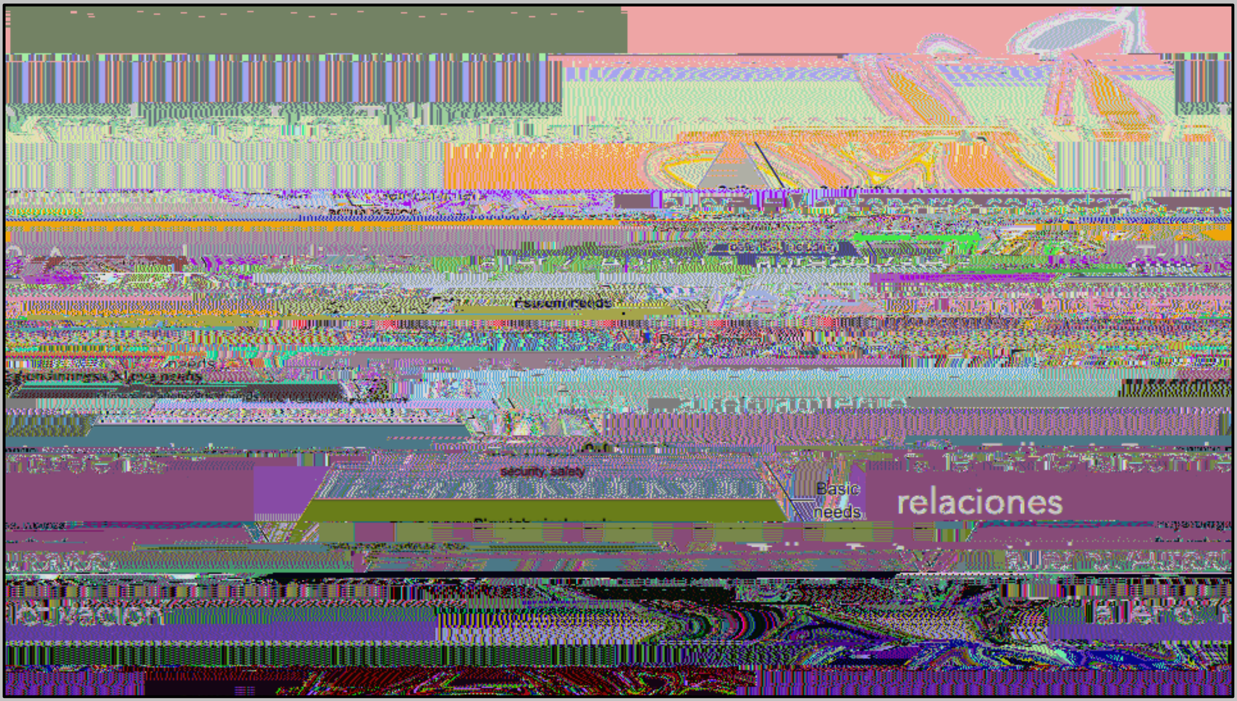
! "#$%&' ()*&'+' , -#$. #$- (%& *'$"#&/0% &12/- 3 %

, -#$#&/*0 3 #$/*4' (#'4%&'#&/" (-*$/#&5'6&/* &#08 "$*'
-$/0% ("99- : $, 8&-9* *'9 : 3 % &#' . # #4' , -#$#&/*0 3 #$/*4'+'
; "1 7*9#0 9" *$ (% 4%&'#&/" (-*$/#& $%'4%'#&/8$ 7*9-#$ (%
3 "+ , -#$5
<'2*0*' ; "#'&-# 3 20# #&/1 (-&2%$- , 4#'2*0*' "&/# (='3 -'
-$>%0 3 *9- : $ (#'9%$/*9/% #&/8 #$ 4*'2*$/*44* * ; ") #$ 9*&%
(#' ; "#'/#$?* 3 8& 20#?"$/*& &% , 0# 4%' ; "#'9" , 0- 3 %& #$
#&/%&

"#$#%

.'(1(5-(%8(*)*'10')/4$(1.(0#1%4/&%*(4/0'#1(& 0#1%4#&%3($6&=%O'%&(%&/.'&A/0(1 4/&%
1(0(&'3/3(& 3(%)(*.(1(10'/ ;%/$#*%3(%4/%)(*&#1/+%(1.#10(&)-(3(/40/12/* (4%0-/*.#
1'8(4 3(%4/%)'*6$'3(3#13(&(%(1A#0/ (1 &' &(%/$/%/%&< $'&$/=
O'%.#3/& (&./& 1(0(&'3/3(& &(%&/.'&A/0(1 0#1%>I'.#+%4/%)(*&#1/%)-(3(&(,-'* 0*(0'(13#
0#$#)(*&#1/%;%,/&./* (1(*,</)/*/%/40/12/* &- $6I'$#)#.(10'/4=


esteem needs
security, safety
Basic
needs
relaciones

E-(&.*#)*'$(*%./44(*%A-(&#7*( )(*$/1(0(* 0#1(0./3#&=%P()/&/$#& 4/&%A#*$/& (1 5-(%4#&%)/3*(&%)-(3(1 0#1(0./*&((&)(0<A'0/$(1.(0#1%4#&%$/(&.*#&%;%(4%)(*&#1/4%3(% 4/%(&0-(4/ &#7*((4%)*#,*(&# 3(%&-&%G'J#& (1 4/%(&0-(4/=%Q.*/)/*.('$)#*./1.(3(%(&.(./44(*%(&%/)*(13(* 5-(%(&%'$)#*./1.(

Bienestar Mental

trabajar de manera productiva y

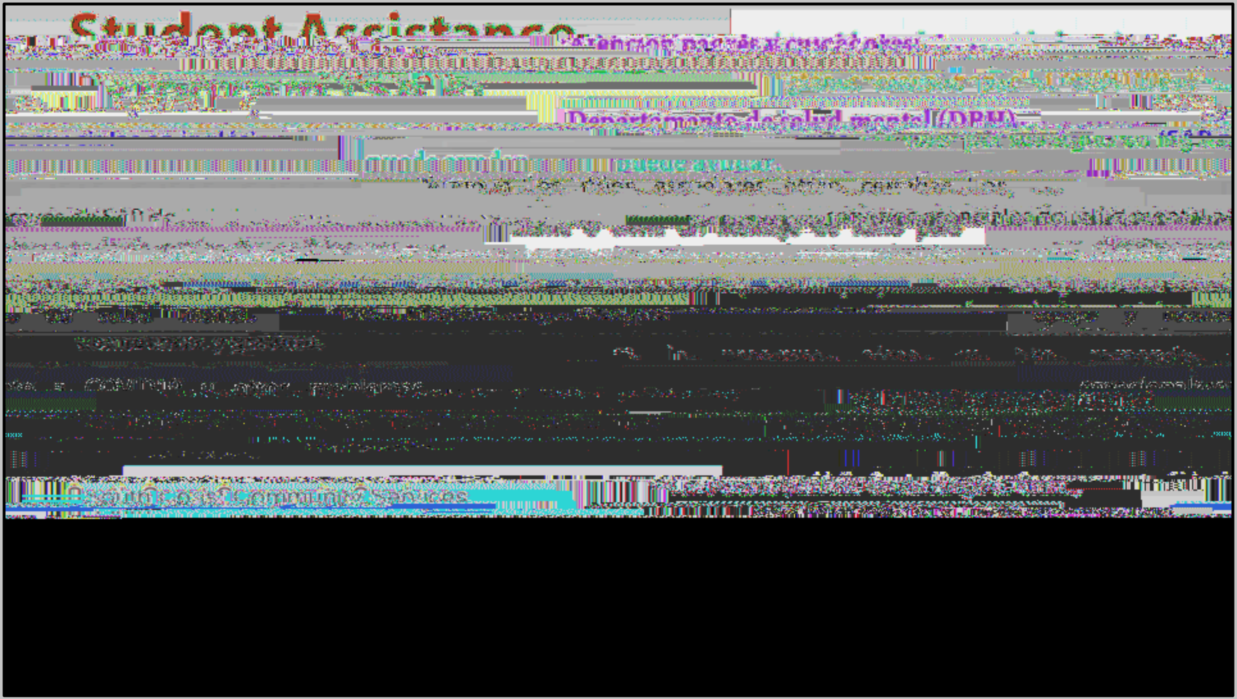
TG#*/ 5-(%G($#& *(8'&/3# .#3#& 4#&%.($/& 5-(%0-7*'$#&+%(&%3(%(&)(*/* 5-(%
0#$)*(13/ $(J#* 0?$# &(%*(4/0'#1/ 0/3/

O(/$#& *(/4'&./& &#7*(4#%5-(%1-(&.*#& (&.-3'/1.(& (1A*(1./1 (&.#& 3</&=%X-'26& &-
(&.-3'/1.((&./7/)*#,*(&/13# G/0'/ 4/%

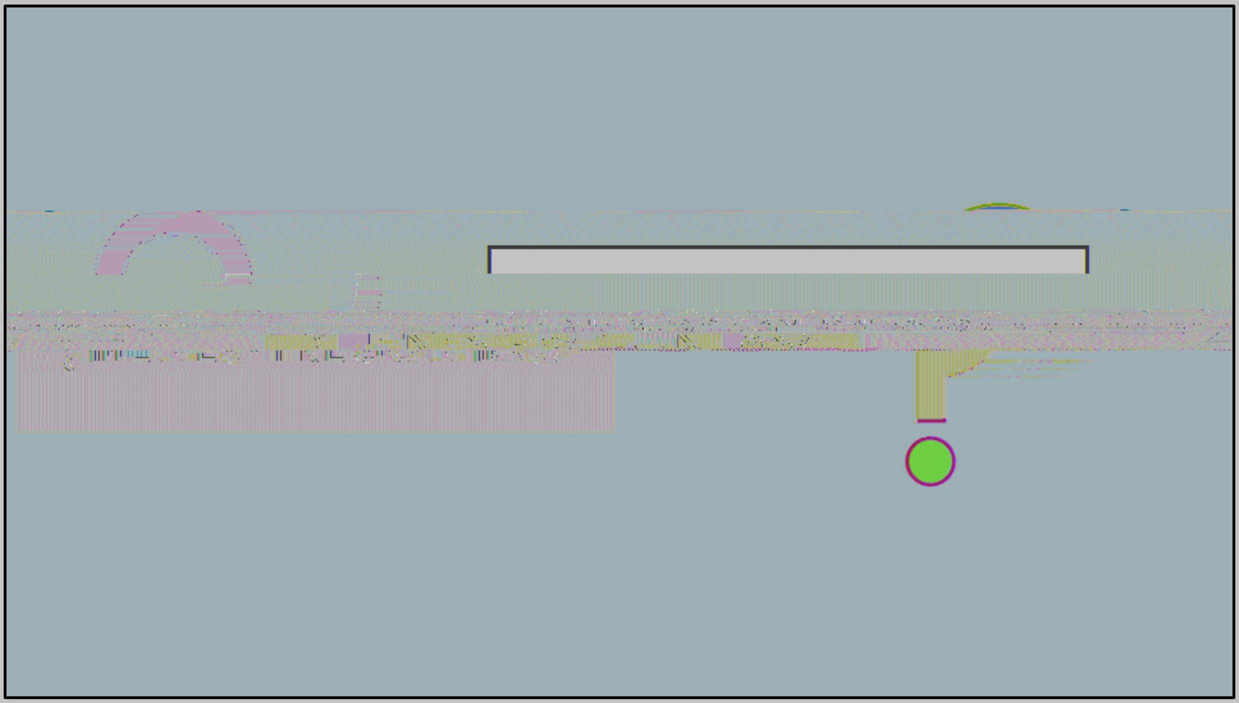
"-/13# 4/&%0#&/& 1#%8/1%7'(1+%4#&%(&.-3'/1.(&)-(3(1

)(*$'.'* 5-(%&-&%)(1&/$'(1.#& 4#%3'&.*/',/1 3(%4#%5-(%&- G'J# 4(%3'0(%;%/&(,Y*(&(3(% 3(J/* /%-1%4/3# ./$7'>1 #.*/& 3'&.*/00'#1(&=

S=%O(/%0#1&0'(1.(3(%0?$# *(/00'#1/=%M&%$-; A60'4)/*/%4#&%/3#4(&0(1.(& 4((*%4/&% *(/00'#1(& 3(%4#&%/3-4.#& 0#$# -1%J-'0'# #%-1/%0*<.'0/+%'104-&# &' (&/ 1#%(&%&- '1.(10'?1=%F#&%/3#4(&0(1.(& &(%0(**/*61 &' *(/00'#1/$#& 3($/&'/3# *6)'3# #% (1>*,'0/$(1.(/%4/&%0#&/& 5-(%0#$)/*.(1 0#1%1#&#.*#&=%R104-&# &')'3(1 0#1&(J#+%(&% $(J#* G/0(*4(& $6&)*(,-1./& /1.(&%3(%3/*4(& 1-(&.*/ #)'1'?1)#*5-( )-(3(1 0(**/* ./1%)*#1.#%0#$# 4#%


Student Assistance
Atención padres y cuidadores:
Departamento de salud mental (DBH)
puede ayudar
South Coast Community Services

M4%0#13/3# 3(%O/1%b(*1/*3'1#%#A*(0(&(*8'0'#& 3(%&/4-3 $(1./4%&'1%0/*,#%&' 4(%
)*(#0-)/ 4/%&/4-3 $(1./4%3(%&- G'J# /3#4(&0(1.(=%M4%A#44(.# 3(%(&.( )*#,*/$/ (&.6
3'&)#1'74(%(1 (4%&'.'#%9(7%3(%4/%(&0-(4/ ;%G(%'104-'3# &- '1A#*$/0'?1 3(%0#1./0.# (1
(&./ 3'/)#&'.'8/=%M&.(%(&%-1#%3(%4#&%*(0-*&#& 5-(%./$7'>1 *()/&/*($#& 4/%)*?I'$/
&($/1/ (1 1-(&.*# ./44(*%A'1/4%&#7*(*(0-*&#& 0#$-1'./*'#&=



"#$#%&'($)*(+%$(%,-&./ .(*$'1/* (4%./44(*%3613#4(&4/%#)#*.-1'3/3 3(%G/0(*
)*(,-1./&=%E#%3-3(%(1 (18'/*$(-1%0#**(# (4(0.*?1'0# 0#1%)*(,-1./& #%&-,(*(10'/&
)/*/%1-(&.*# Y4.'$# ./44(*=