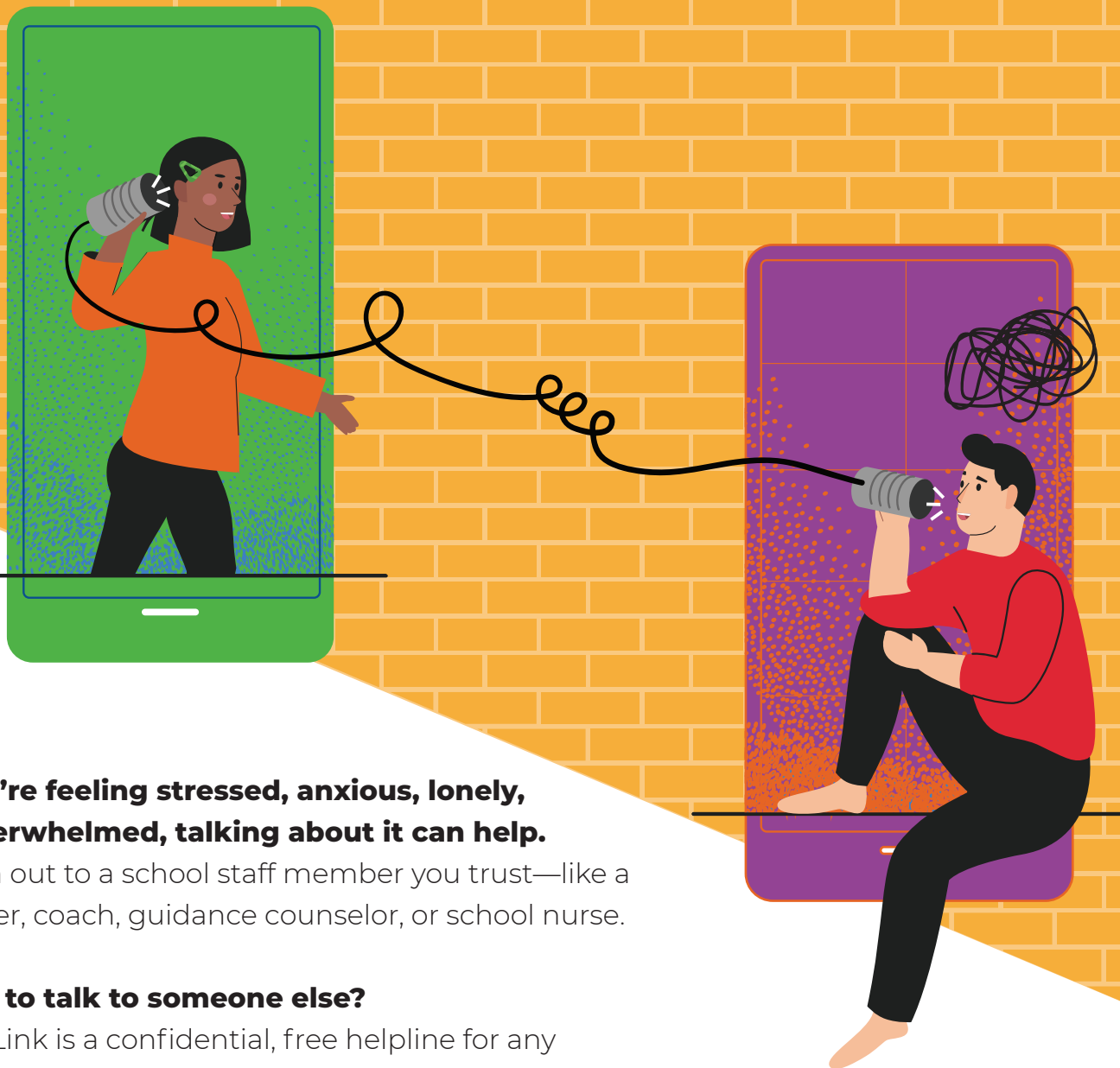


Struggling with your mental health? **YOU'RE NOT ALONE.**



**If you're feeling stressed, anxious, lonely,
or overwhelmed, talking about it can help.**

Reach out to a school staff member you trust—like a teacher, coach, guidance counselor, or school nurse.

Want to talk to someone else?

Teen Link is a confidential, free helpline for any issue—big or small. Text, call, or chat a teen trained to help without judgment.

 **teen link**
1.866.TEENLINK(833.6546)
TeenLink.org
7 days a week, 6pm-10pm

**YOU
CAN**

YouCanWA.org

