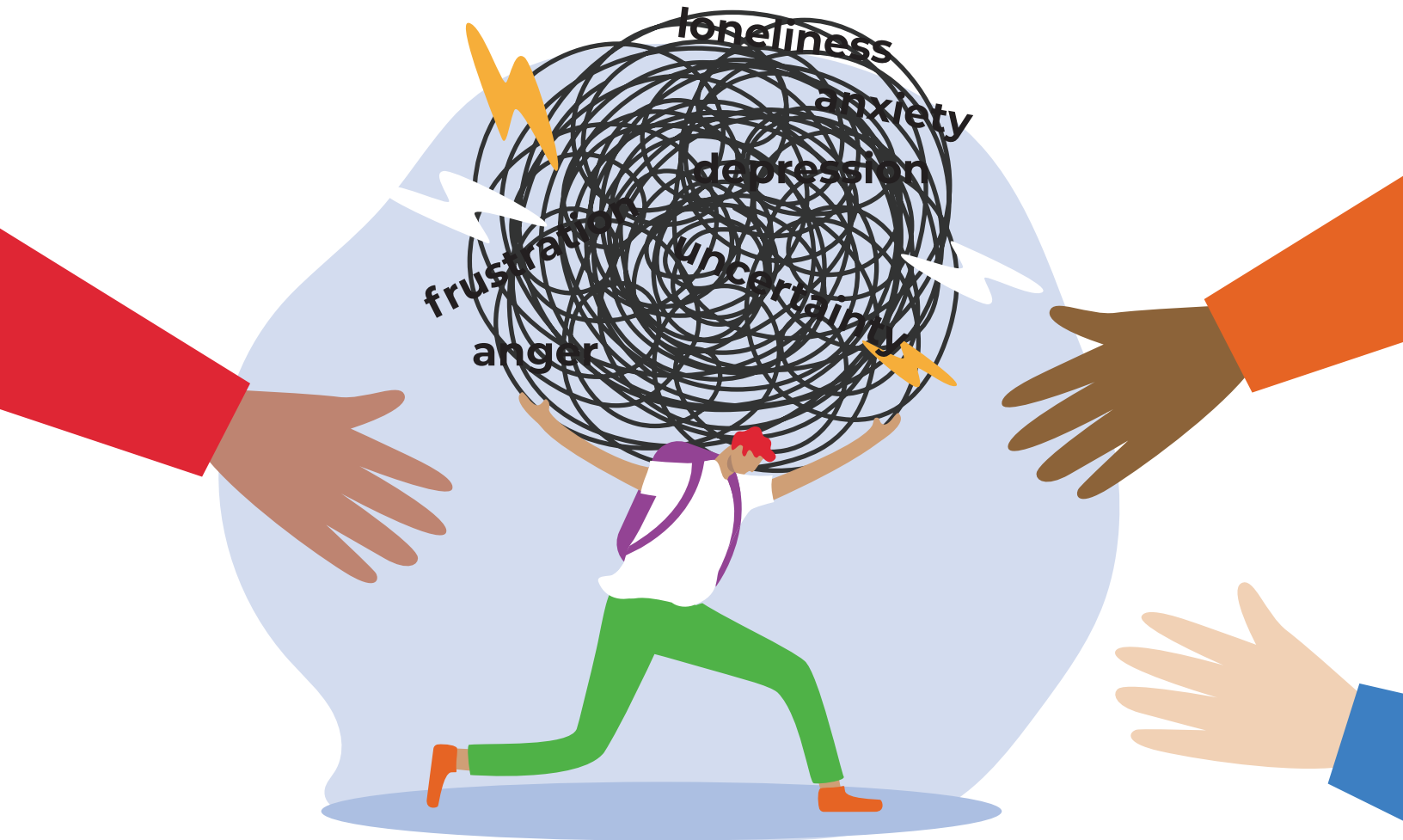


# HARD MOMENTS ARE EASIER TO CARRY WHEN WE DO IT TOGETHER.



**If you're struggling with your mental health, know you're not alone.**

You can talk to a school staff member you trust—like a teacher, coach, guidance counselor, or school nurse—about what's making you feel stressed, anxious, lonely, or overwhelmed.

Not sure who to talk to at school? 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

