

KNOW THE SIGNS OF NEEDING HELP

Feeling **sad** or
depressed

Trouble
Thinking

Avoiding
Friends and
Hobbies

Appetite
changes

Stomach Pains
or **Headaches**

Feeling
overly Tired

Thoughts
of **Suicide**

Alcohol
or **Drug**
Use

Mood
Swings

CALL
OR
TEXT

988

MENTAL
HEALTH
LIFELINE