



SCAN FOR
MORE RESOURCES



If you are...

- Feeling sad
- Feeling more tired than usual
- Feeling overwhelmed
- Feeling angry or easily upset
- Feeling stressed or worried
- Having panic attacks
- Having racing thoughts
- Having trouble sleeping

If you're having a hard time with...



- Work
- Family
- Friends
- Taking care of yourself
- Doing routine tasks at home
- Excessive use of alcohol or drug

If you have...

- Thoughts of suicide
- Thoughts of harming yourself
- Thoughts of harming others

SEEK HELP

SEEK HELP NOW

SEEK HELP NOW