



THERE ARE MANY
DIFFERENT TYPES
OF MENTAL HEALTH
CHALLENGES.
AND JUST AS MANY
WAYS TO GET
SUPPORT.

It's so important to take care of your mental health, and sometimes it can feel too big to handle on your own. The good news is, you never have to. There are always people at your school who can guide you to resources that can help you feel better.



There's
help
all
around
you



At school

Talk to a trusted teacher, counselor,
or your school's mental health staff



In your community

Reach out to your family
and close friends



In the city

Text WELL to 65173
or call 1-888-NYC-WELL

School
Contact:



jedfoundation.org

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