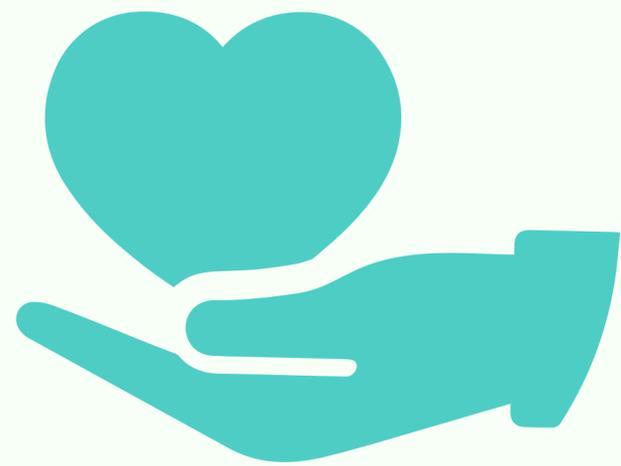


# COMMUNITY SUPPORTS

Feeling down or overwhelmed?  
**You're not alone.** There are many  
supports in your community with  
amazing people who want to help.  
**Reach Out.**

Whether you're struggling with  
*school, mental health*, or just *need  
someone to talk to*, help is available.  
**Your community cares.**



Everyone needs support  
sometimes. There's no shame  
in reaching out. Reaching out  
for help when we need it is a  
sign of **strength**.

Snap a picture of the QR code  
to save for for later and to  
share these resources with  
friends and others who may  
need support.

