

Are you or a friend **feeling off**?

Look out for signs like:

IT'S OKAY TO ASK FOR HELP.



Feeling sad or hopeless



Trouble sleeping or eating



Losing interest in things you love



Feeling overwhelmed or stressed

Talk to a **trusted adult** – a teacher, counselor, or family member. **They care and want to help.**

Crisis Lifelines & Resources

If you need help right now, reach out:

**988 Suicide & Crisis
Lifeline:** Call or text **988**

Crisis Text Line: Text
HOME to **741741**

**The Trevor Project (LGBTQ+
Youth):** Call **1-866-488-7386**
or text **START** to **678678**

Your School Resources:

- Who's your school counselor?
- Is there a mental health team?
- Are there peer support groups?

You're not alone.

lockandtalk.org/youth

