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 are many different types of mental health challenges, and just as many ways to get support.

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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

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School Contact: ________________________________