



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:

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