

STRESS OR FEAR AFFECTING YOU EVERY DAY? OVERWHELMED? UNABLE TO COPE?

YOU MAY BE EXPERIENCING
THE FIRST SIGNS OF A MENTAL
HEALTH CONDITION, LIKE
DEPRESSION OR ANXIETY.

TAKE THE YOUTH SCREEN AT
[MHASCREENING.ORG](https://mhascreening.org) TO SEE
IF YOU MAY BE AT RISK.

ONCE YOU GET THE RESULTS,
MHA WILL PROVIDE YOU WITH
MORE INFORMATION AND HELP
YOU TO FIGURE OUT NEXT
STEPS..

IN CRISIS? Trained crisis counselors are available
24/7 by texting "MHA" to 741-741 or calling
1-800-273-TALK (8255).

LEARN MORE AT [MHANATIONAL.ORG/BACK2SCHOOL](https://mhanational.org/back2school)



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www.mhanational.org

LIFE DURING COVID HAS MADE IT HARD TO FEEL SAFE.

If you are afraid all of the time, take the youth screen at MHAScreening.org to check on your mental health. It's free, confidential, and anonymous.

Once you get the results, MHA will provide you with more information and help you to figure out next steps.



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B4Stage4

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