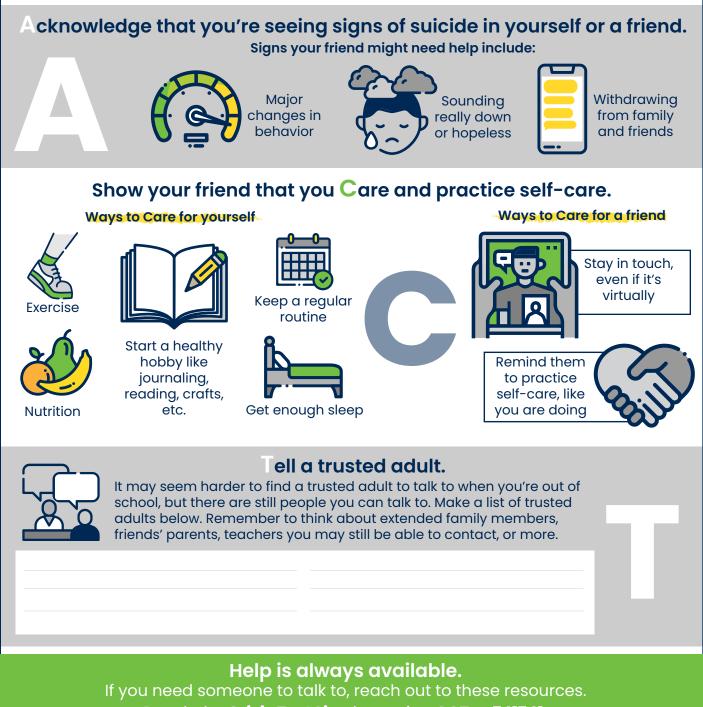
## Particularly during a time of crisis, it's important to remember to ACT!

The sudden change in home and school life due to COVID-19 can be frustrating and stressful, especially for students. A lack of regular routine, feeling isolated from friends, and missing out on activities you usually enjoy could be taking its toll. It's OK to feel overwhelmed sometimes but it's important to keep taking care of yourself and looking out for your friends especially when times are tough.



Reach the Crisis Text Line by texting ACT to 741741.

Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

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