

Your mental health matters.

Going through difficult or frightening things can effect your mental health. If you are struggling with how you are feeling, we are here to help.

- Talk to someone.
- Make sure your basic needs are being met.
- Fill your space with things that help you feel safe and calm.
- Get plenty of rest.
- Take care of your physical health.
- Try to focus on things you can control.



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Violence
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