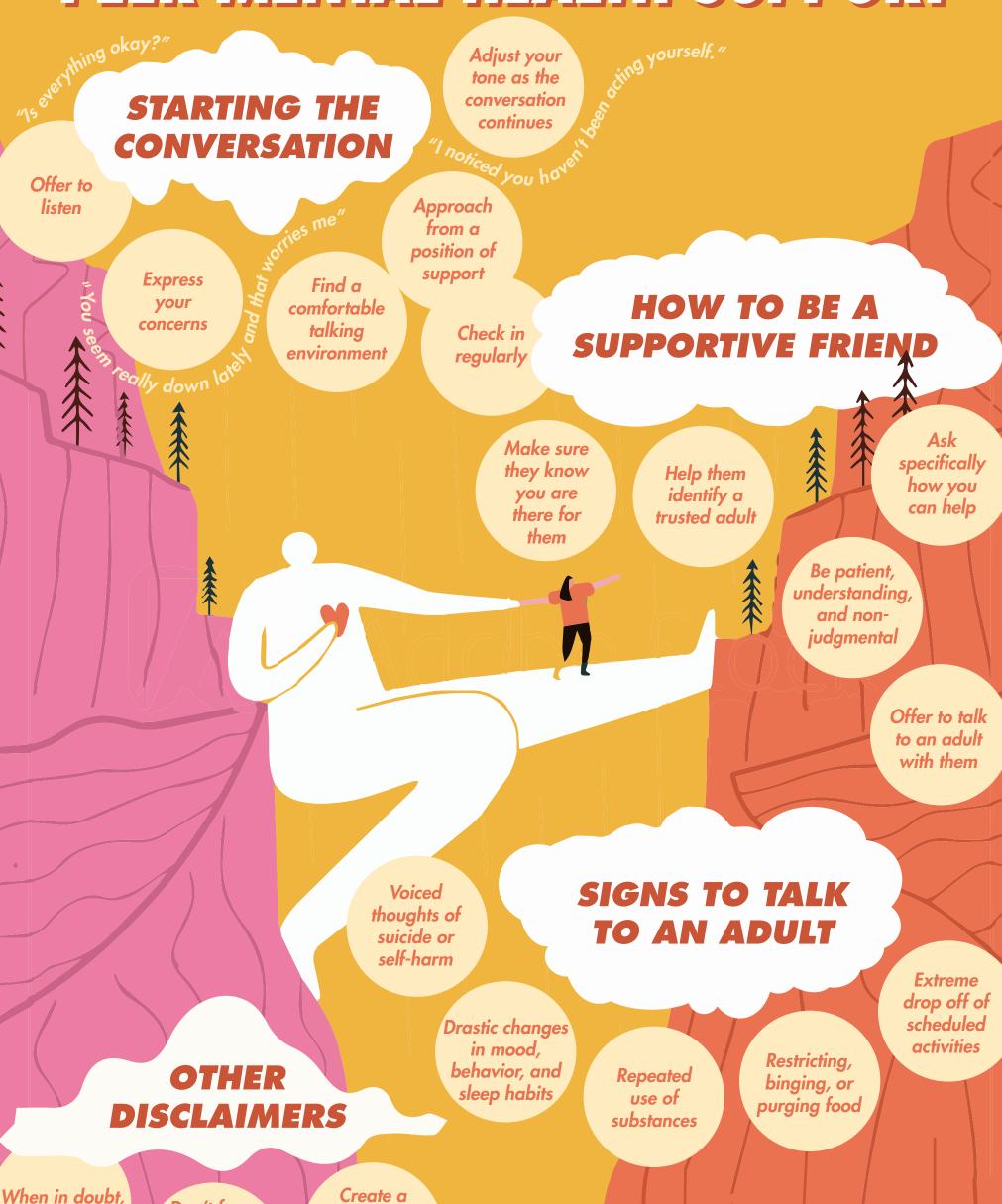
THE STUDENTS' GUIDE TO PEER MENTAL HEALTH SUPPORT



talk to an adult

Don't force anything, you may not be the person they open up to

Create a support system for yourself too

RESOURCES

Youth Wellness: 4 free therapy sessions for youth 12+ | Center for Mental Health email: youthwellness@gunnisoncounty.org

970-641-0229

Teen Text Line – Text 741741 Safe2Tell - safe2tell.org

