

Not feeling ok inside? Reach for help outside!



Feeling depressed, overwhelmed, or anxious? Text "hello" to 741741 to be connected to a Crisis Counselor or call The Crisis Clinic at 360-586-2777.



We can never be responsible for another person's feelings or actions, but we can be supportive during hard times. It's always important to talk to an adult* who can help.

*family, counselor, teacher, coach, mental health specialist

