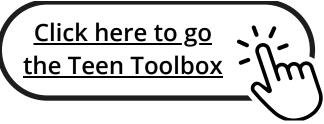




The Teen Toolbox is designed to help you better understand mental health.



Explore the Teen Toolbox and answer the questions below.

Name something you learned that was new:
How can you support a friend who is experiencing a mental health challenge?
What is one way you can take care of your mental health?
How can you start a conversation about how you're feeling with a trusted adult?

If you need to speak with someone immediately, please text or call 988. If this is an emergency, please call 911.

