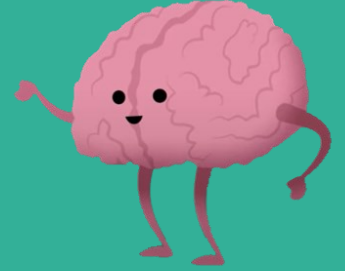
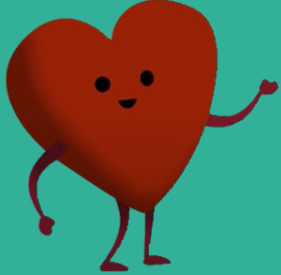


Lesson 3:

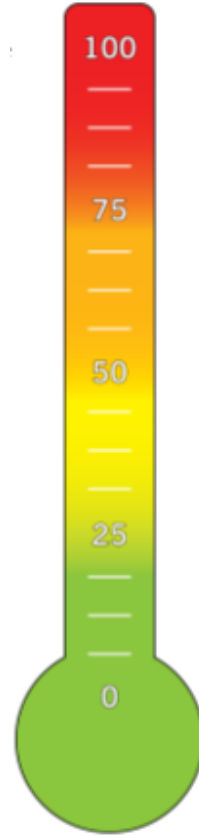
We All Have Mental Health



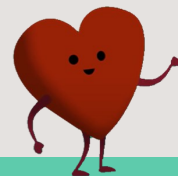
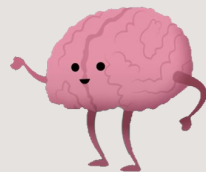
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**How are you
feeling today?**

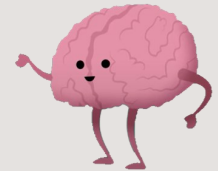


If you are concerned about yourself or a friend, talk to a **Trusted Adult** - someone who is reliable and dependable.

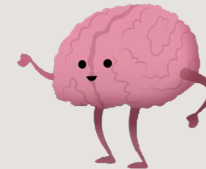




What does each characteristic
look like in an adult?

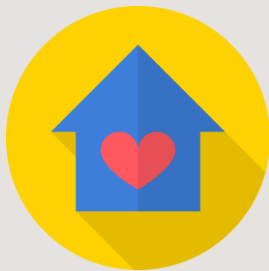


Reliable - Dependable - Trustworthy



Who are they?

Identify Trusted Adults at:



HOME



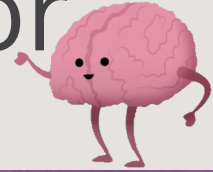
COMMUNITY



SCHOOL

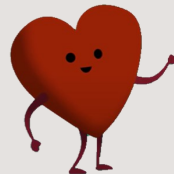
Sometimes people feel ashamed to ask for help.

How do you ask for help for yourself or a friend?



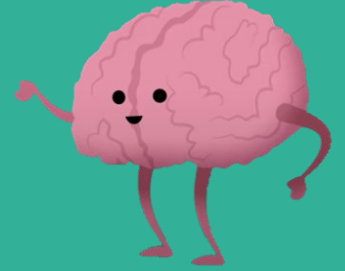
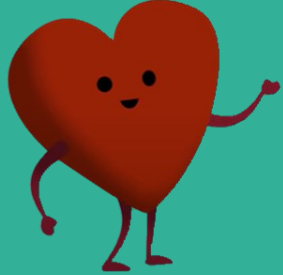
Tell a Trusted Adult:

- How you **Feel**
- What you've **Tried**
- What they can do to **Help**



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Lesson 3: We All Have Mental Health



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