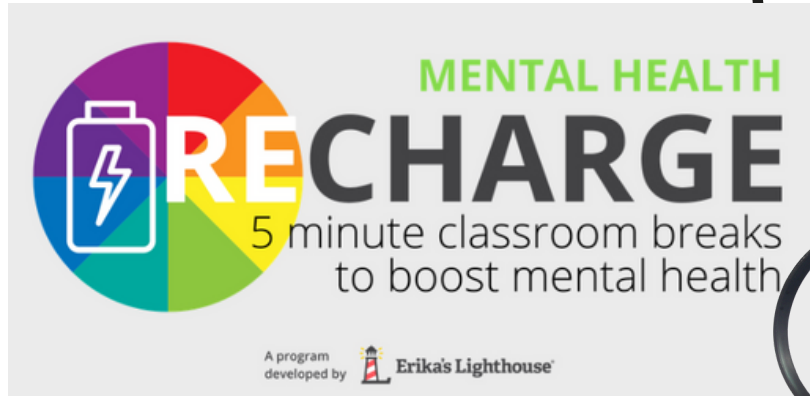
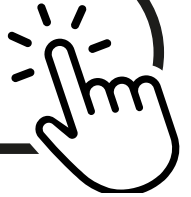


Click here to go
to RECHARGE



Explore RECHARGE and answer the questions below.

Describe an activity you enjoyed. Explain why.

Describe an activity you did not enjoy. Explain why.

What are some activities you could keep as options for when you need to Recharge?

Why is it important to sometimes take a moment to Recharge yourself?

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

988 SUICIDE & CRISIS
LIFELINE

Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Thoughts of suicide.
Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.

Text or Call **988** | Chat 988lifeline.org |

For emergencies, call **911**

