

When you are hurting, or if you see someone else who is hurting, do something.

Tell someone.

If they will not listen, tell someone else.

It always helps to tell someone who cares.



You Are Not Alone

You can call:

24-Hour Crisis Line

1-800-273-TALK
(1-800-273-8255)

Child-Help USA National
Child Abuse Hotline

1-800-422-4453

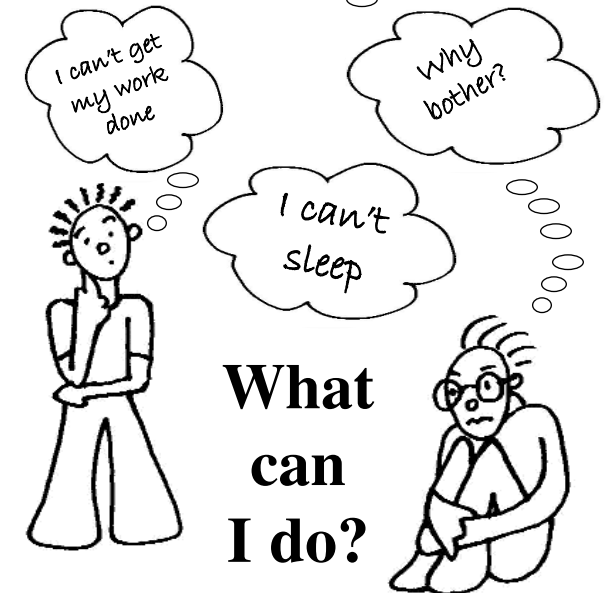
Your school social worker:

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Mental Health America
of the North Shore (MHANS)
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Sometimes I don't feel so good . . .

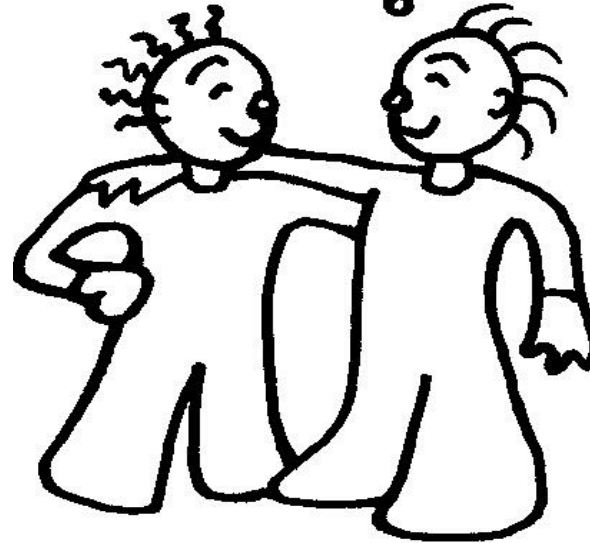


What can I do?

Tell somebody.

You don't have to
be alone.

Share your worries and
your troubles.



What if it's my friend
who is hurting?

Tell someone who cares.

It is good to hear
someone say,

"It is OK to feel your
feelings, and there are ways
to make you feel better."

Who can I tell?

- Parent
- Teacher
- Nurse
- Social worker
- Coach
- Trusted adult

Tell somebody.
If they will not listen,
tell someone else.

Keep talking until
you do get help.

