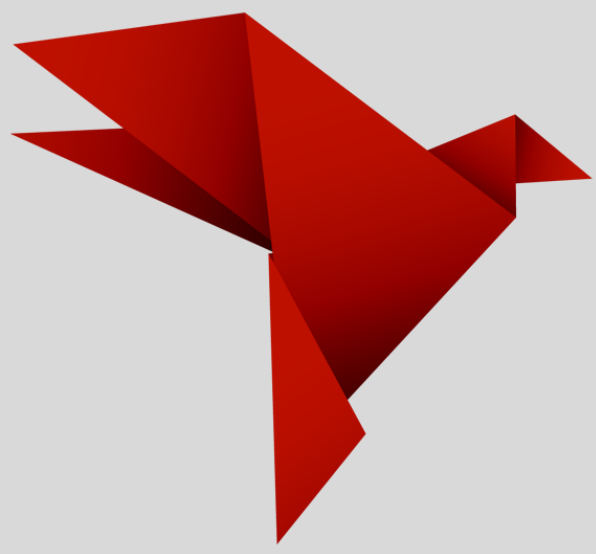




# Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

## Are you at a crossroads within your **Community**?

*Questions to ask yourself:*



Do you prefer online conversations to in-person relationships?

Do you feel like you can't be yourself around your peers?



Are you a victim of belittlement or bullying / do you find yourself looking for status by putting others down?

### **Remember** and **consider**:

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
- Reach out if you're having a difficult time.

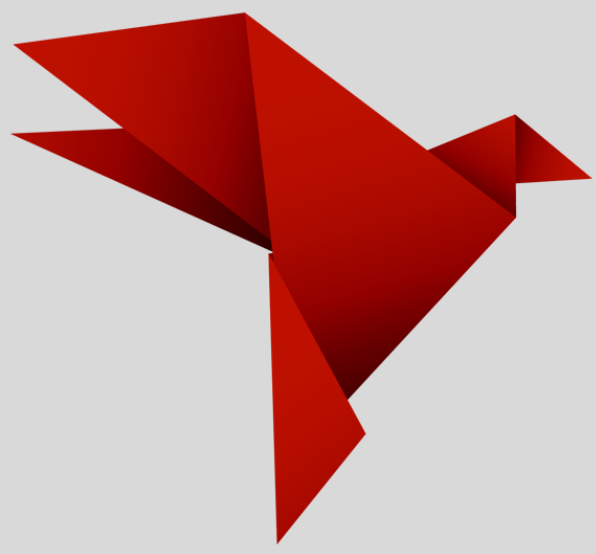
### **Crisis Resources:**



[www.REDgenSchool.org](http://www.REDgenSchool.org)



@REDgenSchool



# Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

## Are you at a crossroads within your **Community**?

*Questions to ask yourself:*



Do you find yourself sitting alone at lunch, assemblies, or in class?

Do you feel alone even when you are around other people?



Do you feel rejected by people within your community?

### **Remember** and **consider**:

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
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