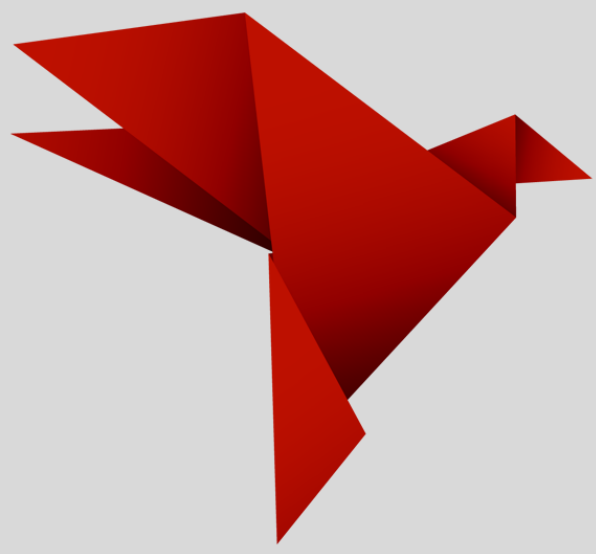


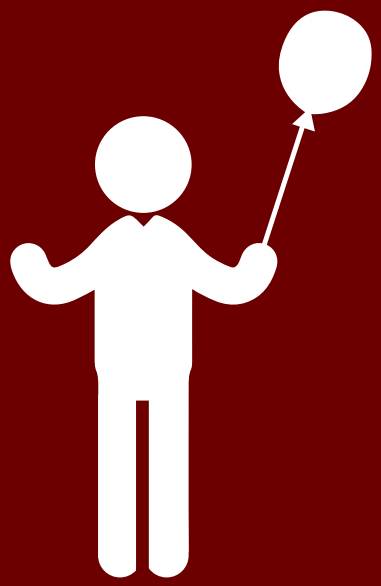


Signposts

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

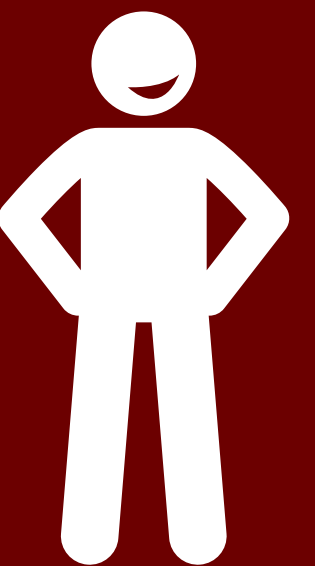
Are you at a crossroads regarding your **Personal Values**?

Questions to ask yourself:



Are the activities you dedicate time to personally enjoyable and/or in pursuit of your goals?

Do you feel like your decisions and behaviors align with your values and personal belief system?



When you are feeling a strong emotion, are you able to recognize it and have a choice in how you respond?

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.

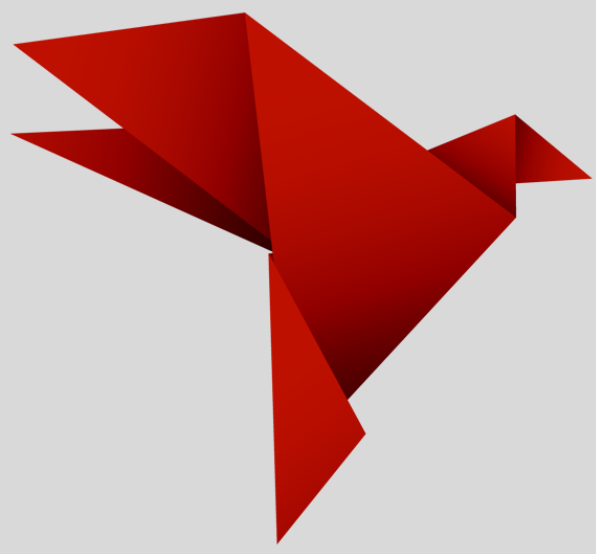
Crisis Resources:



www.REDgenSchool.org



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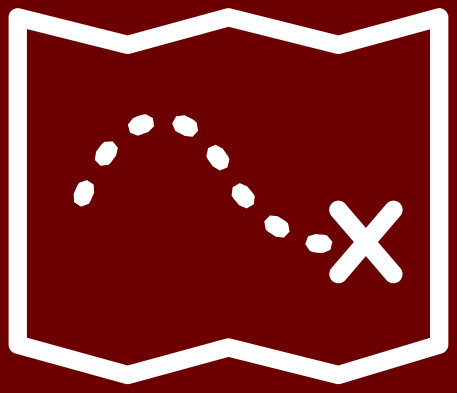


Signposts

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

Are you at a crossroads regarding your **Personal Values**?

Questions to ask yourself:



Do you feel uncomfortable without a set plan, or can you embrace the unknown with confidence?

Are you comfortable to down time? Do you participate in things "just for fun"?



Do you feel a drive to be in first place/the best at everything, or can you accept a personal best?

Remember and **consider:**

- You are not alone.
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