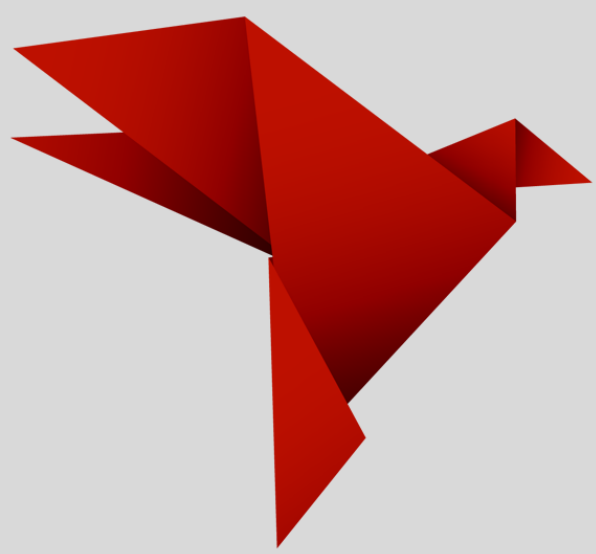




Signposts

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

Are you at a crossroads with your **Mental Health**?

Questions to ask yourself:



Have you recognized signs of depression or anxiety in yourself that have lasted for 2 or more weeks?

When you feel you are struggling, are you able to reach out for help without shame?



Do you feel like you are always hiding your true emotions from those around you?

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.

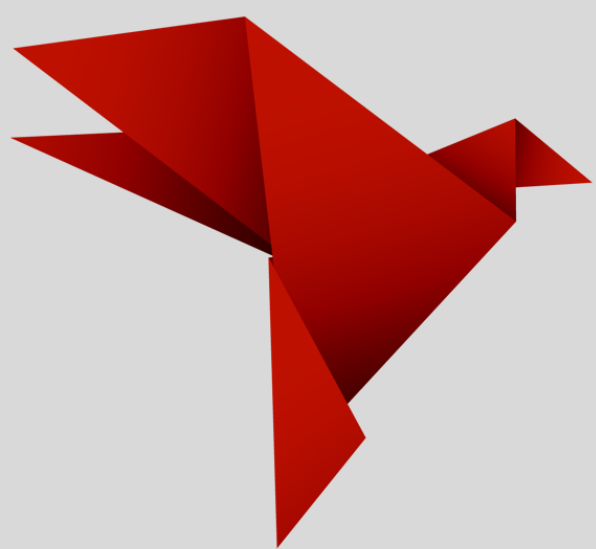
Crisis Resources:



www.REDgenSchool.org



@REDgenSchool



Signposts

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

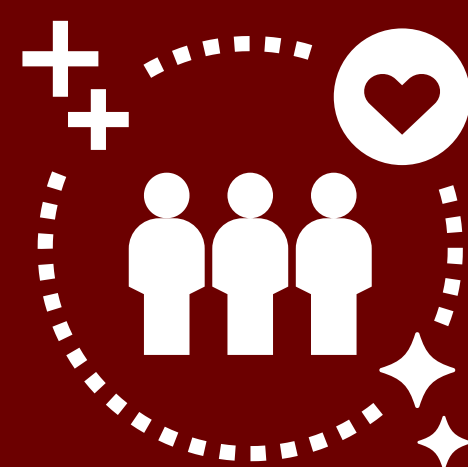
Are you at a crossroads with your **Mental Health**?

Questions to ask yourself:



Do you struggle with a pervasive sense of guilt, shame or hopelessness?

Do you feel valued and worthy of acceptance? Do you accept and value yourself?



Do you struggle to be kind to others or behave in ways you are ashamed of later?

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



@REDgenSchool