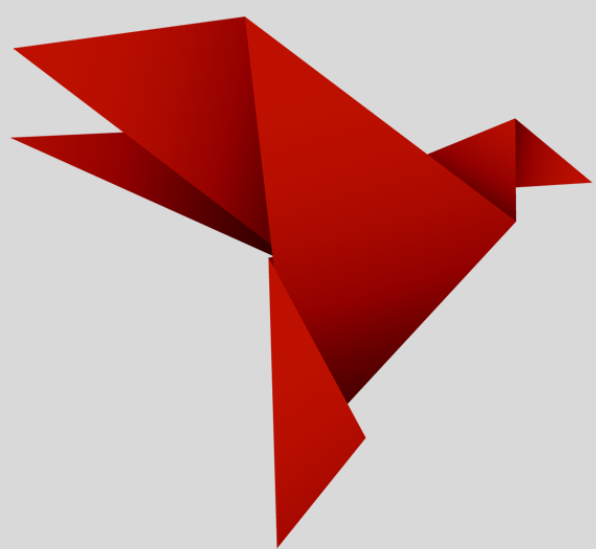




Signposts

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

Are you at a crossroads in your *Relationship With Yourself?*

Questions to ask yourself:



Do you feel like the world is over whenever you make a mistake or fail to meet personal goals?

Do you find yourself constantly criticizing your actions, performance or appearance?



Do you feel afraid to be yourself and express your needs or ideas?

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.

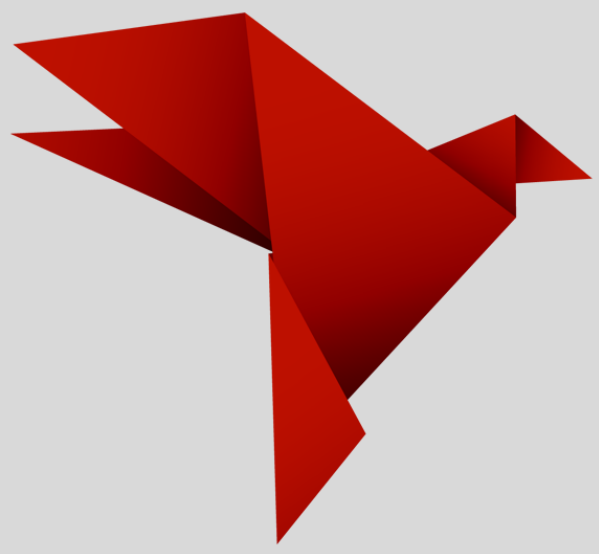
Crisis Resources:



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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 in your *Relationship With Yourself?*

Questions to ask yourself:



Do you struggle accepting yourself or feel uncomfortable with yourself?

Do you often second guess yourself or beat yourself up about something you did or said?



Do you feel guilty experiencing joy and doing things you truly enjoy?

Remember and **consider:**

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- Your problems and feelings are valid and important!
- Help is out there.
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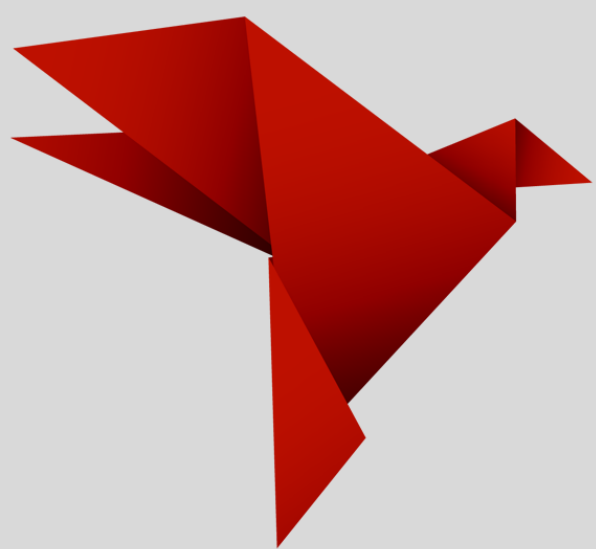
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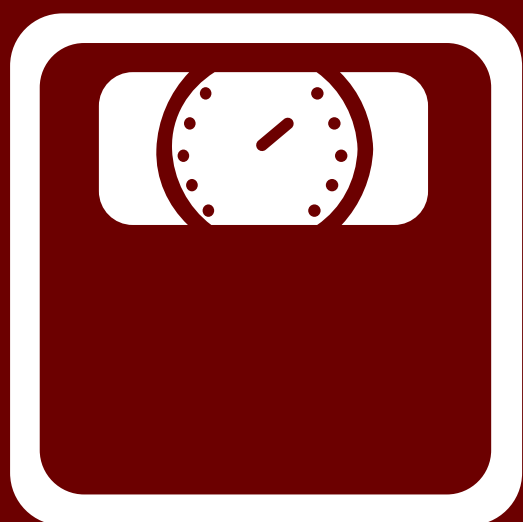


Signposts

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

Are you at a crossroads in your *Relationship to Food/Your Body?*

Questions to ask yourself:



Compared to other things in your life, how important is your weight to you?

How much do you feel you worry about your weight and body shape compared with other people your age?



Do you struggle with a lack of interest in eating or with food?

Remember and consider:

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- Help is out there.
- Reach out if you're having a difficult time.

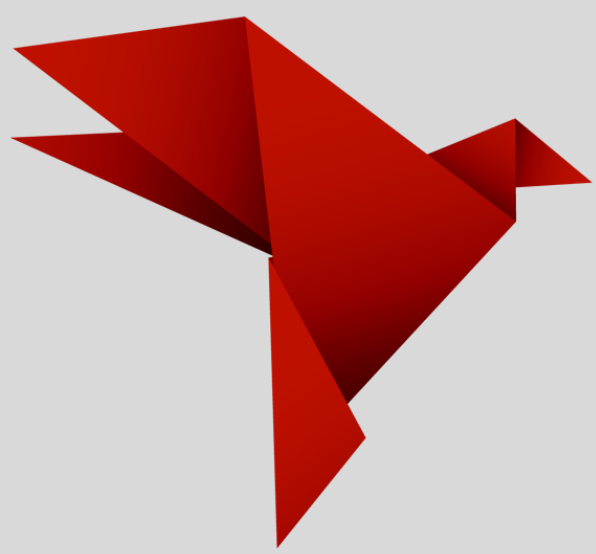
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Signposts

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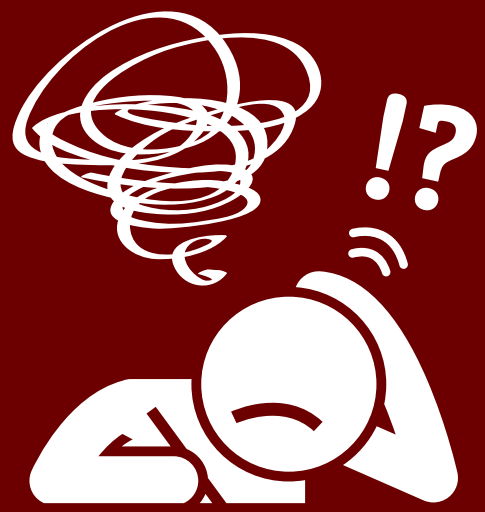
Are you at a crossroads in your *Relationship to Food/Your Body?*

Questions to ask yourself:



Have you noticed
an intense preoccupation with
food or eating?

Is your relationship with food/eating
creating harmful physical challenges
(weight gain/loss, nutritional problems)?



Are you experiencing a major impairment
of functioning as a result of your
relationship with food/eating?

Remember and consider:

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

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