



Mental health struggles are common. There's a lot of power in talking it out.

Starting a conversation with a friend can be awkward if you don't know where to begin. It's important not to judge or make assumptions. Sharing mental health struggles takes a lot of bravery and vulnerability. For more information about strategies to support the mental health of yourself and others, access the QR code below.

Talk with a trusted adult or healthcare provider about your mental health.

Help is available. If you or someone you know is experiencing a mental health crisis, call or text 988 to be connected with the 988 Suicide and Crisis Lifeline.



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