

I don't think people understand how stressful it is to explain what's going on in your head when you don't even understand it yourself....



Helpful Resources:

- ◆ [Pleasepassthe love.org](http://pleasepassthe love.org)—Jennifer Ullie-Wells, PhD
- ◆ <https://www.pleasepassthe love.org/virtualsupport groups>
- ◆ <https://www.pleasepassthe love.org/covid-19-resources>
- ◆ Live Well—<https://www.livewell-foundation.org/lwteens>
- ◆ National Lifeline 1-800-273-8255
- ◆ Text TALK to 741741
- ◆ Idaho Strong—Lillian Toumey 986-200-8995
- ◆ Idaho Suicide Prevention Hotline 208-398-HELP (4357)
- ◆ [Helpafriend.org](http://helpafriend.org) app—help a suicidal friend



SEEK HELP

- * Speak to a Trusted Adult
- * Talk with your School Counselor
- * Meet with your Principal, Assist Principal, Teacher or other Trusted School Official
- * Share your feelings with your Parents

Find information on the Weiser School District Website at:

www.weiserschools.org