

When something's off, don't stay quiet.
Reach out and give a Heads Up.
The support you need is out there.

IT'S OKAY TO
ASK FOR HELP



WHAT'S ON MY MIND?

Think of one thing that's bothering you.
Ask yourself: who can I talk to about this?

Not quite sure?
Use the below to get a better idea.



HOW AM I FEELING?

WHO SHOULD I GO TO?



I'M NOT FEELING GREAT

I'm stressed I'm anxious
I'm irritable I feel down



Reach out to a friend, classmate, or peer.
Give a Heads Up and talk things out. When we're off,
it's important to let someone know what's bothering us.



I'M STRUGGLING

I'm constantly on edge I don't feel like myself
I'm avoiding friends I feel completely overwhelmed
I'm skipping my favorite activities I'm having negative thoughts that won't go away



Talk with a trusted adult or healthcare professional.
Give a Heads Up and tell them what's going on. You can also call the MA Behavioral Health Help Line and get support 24/7.



I'M IN CRISIS

I'm in severe distress I am harming myself
I'm finding it hard to function I am suicidal or having thoughts of death
I'm worried about my mental well-being



Call or text 988.
988 is available 24/7 for immediate mental health support. Reach out and share what you're going through with a trained support specialist.

If you or someone you know is having a medical emergency,

CALL 911



It's okay to not be okay.
There's nothing wrong with asking for help. So give someone a Heads Up!



OUR (MENTAL HEALTH) MATTERS

