

Need to talk?

STUDENTS AND STAFF:

Feeling down or just not yourself?

We all need someone to talk to from time to time. It can be easy to get caught up in your emotions as you're feeling them.

You don't have to be alone!

Click on the link below and send me a quick response so I can come check on you anonymously.



<https://forms.gle/Sd3W7UXCZYqo3CNG9>

PARENTS, FAMILY, COMMUNITY MEMBERS:

Is there something you have seen or heard in the community involving our students and possibly putting them at risk? Do you have a concern about how they are feeling mentally?

Contact me anonymously at:

<https://forms.gle/Sd3W7UXCZYqo3CNG9>

**IT'S OKAY TO
NOT BE OKAY**

