



## MENTAL HEALTH

### GRAPHIC 1



### CAPTION

Life can feel overwhelming. Take care of you. Whether it's a hard day, a tough season or just needing someone to talk to, there are people that are there for you. Find support at your school-based health center: <https://on.ny.gov/4vLliTY>

### GRAPHIC 2



### CAPTION

Take care of you. Help is available. Find support at your school-based health center. It's a judgment-free zone, with caring adults you can trust—people who are here to support you and want to see you be your best. Learn more: <https://on.ny.gov/4vLliTY>



## Public Health Toolkit

### Social Media



Department  
of Health

#### GRAPHIC 3



#### CAPTION

Taking the step to talk to someone might feel scary but remember: your mental health is just as important as any other part of you. It's brave to reach out. Connect with someone who cares. Find support at your school-based health center: <https://on.ny.gov/4vLliTY>

#### GRAPHIC 4



#### CAPTION

Take back control. Ready when you are. Find support at your school-based health center. It's a safe and private place where you can talk to someone if you're feeling stressed, anxious or going through something tough. Learn more: <https://on.ny.gov/4vLliTY>



# Public Health Toolkit

## Social Media



Department  
of Health