

MAY IS MENTAL HEALTH MONTH

Whether you, a friend or a loved one is having difficulty with everyday life –

HELP and **HOPE** *is always available.*

YOU ARE NOT ALONE!

Please reach out to a trusted adult in your life. If a friend reaches out to you help them connect them to someone who can provide the care he/she/they need.

(Screen Shot and share with friends – Sharing is Caring!!!)



2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults designed to listen, help and guide youth in addressing challenge.

www.2ndfloor.org

TEXT US anytime 888-222-2228



Unsure of what you are experiencing visit Mental Health America, <http://www.mentalhealthamerica.net/> and take a Youth screening test. (Adult screening tests are also available.)

The [Youth Test](#) is for young people (age 11-17) who are concerned that their emotions, attention, or behaviors might be signs of a problem.

IN AN EMERGENCY ALWAYS CALL 911