



Here is your reminder of the day that **YOU MATTER!**

If you are having a tough time, it is okay to ask for help. Visit your counselor, talk to a friend or family member or contact either of these confidential resources:

- **Call 1-800-662-HELP (4357)**
- **Text BELONG to 741741**

Take that first step to talk to someone.



Everyone matters, including **YOU!**

If someone you care about is experiencing a tough time, reach out to them so they know they matter. If you are personally experiencing a tough time, it is okay to ask for help.

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