

Everyone struggles, even if it doesn't seem like it. It's OK to not be OK. Here at <SCHOOL NAME> and in PSD, we care about ourselves and each other. We all belong here, and you are never alone. If it just feels like too much and you don't know what to do, remember:

- If you need support in school now, connect with a trusted adult or a counselor. Counselors will connect you to help.
- If someone you know needs help, ask how they're doing, listen to them, and connect them to a trusted adult.