



How are you today?



Great!



Meh.



Not good.





Don't be afraid to talk about your feelings.
You are important!



How are you today?



How are you today?

 **Great!**

Wonderful to hear! Has anyone told you yet today how great your smile is?

Actually, yes I have heard that!

Well no, but thanks for the compliment!

Happiness is contagious! I hope you share your good mood with others.

 **Meh.**

Just one of those days, or is there something you want to talk about?

I've got something on my mind.

Just one of those days.

Sorry life has you down. But remember, you are not alone.

 **Not good.**

Are you ok? Do you want to talk?

Yeah, I think I need to talk to someone.

No, but thanks for asking.

I care about you and I'm here to listen and help. But if not me, let me help you find someone who can help you with what you are dealing with.



REACH OUT TO SOMEONE!

Relationships build resilience.

Mental health is health. Help improve your own and someone else's by just connecting.

 **Prevent Child Abuse**
Iowa

 South East Iowa
Children's Mental
Health & Well-Being
Collaborative

How are you today?



Great!

Sweet! You look really happy today. What's up?

Not much, just feelin' good!

I just aced that history quiz!

Nice, dude! Your good mood is making me smile. Keep spreading the good vibes!



Meh.

What's up? Everything ok?

There's just some stuff going on right now.

It's just been a crappy day.

Sorry life sucks for you right now. I'm here if you want to talk or hang out.



Not good.

Are you ok? Do you want to talk?

Maybe later. Can you hang out after school?

Not really.

I'm here for you, no matter what. I care about you and want to help however I can.



REACH OUT TO SOMEONE!

Relationships are what get you through the tough times.

Mental health is health. Help improve your own and someone else's by being there.





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we
got
this

“ Last year I was being bullied at school. It got really bad, I felt scared, but also embarrassed. I didn't know what to do until finally I just told a teacher.

He told me **it takes courage to talk to someone.** He also said that **it wasn't my fault.**

Then he **offered his help,** and asked **what I wanted to do.**

We decided to **make a plan** to keep it from happening again. I'm so glad I decided to tell someone. This year at school is *waaaaay* better!”



**IF YOU ARE
BEING BULLIED
OR KNOW
SOMEONE
WHO IS,
TELL A
TRUSTED
ADULT.**



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What it's like to walk in my shoes...

“For someone with Bipolar Disorder (BPD), picking out the clothes you're going to wear gives definition to who you are today. Sometimes you have to copy someone else's style just to feel that you have identified who you are.”

Mental Health is Health.

Mental health conditions are real, common, and treatable. And recovery is possible.

