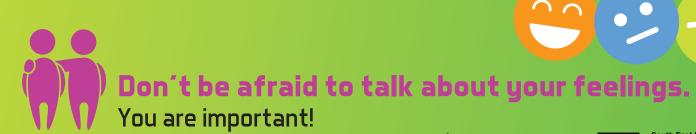








Not good.











(









How are you today?

(







Wonderful to hear! Has anyone told you yet today how great your smile is? Just one of those days, or is there something you want to talk about? Are you ok? Do you want to talk?

Actually. yes I have heard that! I've got something on my mind. Yeah, I think I need to talk to someone.

Well no, but thanks for the compliment!

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

others.

Just one of those days.

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



Relationships build resilience.

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





How are you today?







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

What's up? Everything ok?

Are you ok? Do you want to talk?

Not much. just feelin' good!

some stuff going on right now.

There's just

Maybe later. Can you hang out after school?

I just aced that history quiz!

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

PCAIA+SEIA-CMH_WBC_HowAreYou-11x17 posters.indd 8

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 really.

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



Relationships are what get you through the tough times.

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





How are you today?







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

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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
denis counce
or know
someone
who is
tell a
trusted
adult



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





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."

