

Say Something...

Speak Up...

Reach Out...

**Suicide Lifeline
800-273-8255
or Text "CARE"
to 839863**

ACKNOWLEDGE
CARE
TELL[®]

**“Don’t listen to what others
say, you are important
in this thing we call life.
You do matter.”**



SMH Screening for
Mental Health[®]

Created by the students of VTCTA