



Mental health care is:

- ▶ Important to maintain, just like your teeth or your diet.
- ▶ Just like physical health care.
- ▶ A normal part of life that's healthy for everyone.
- ▶ Designed to help you overcome life's challenges.
- ▶ Available 24/7 with free helplines.

Mental health care isn't:

- ▶ A weakness.
- ▶ A character flaw.
- ▶ Shameful.
- ▶ Just for emergencies.
- ▶ Unusual for young people.

You don't have to handle it by yourself.

Ask a trusted teacher, guardian, or professional about resources for your mental health.

FOR MORE ABOUT Project AWARE

Advancing Wellness and Resilience in Education

and what we're doing in your community, call the Nebraska Department of Education at **(402) 471-2295**.



Or visit, education.ne.gov/csss/school-mental-health/mental-health-awareness



Project AWARE

Advancing Wellness and Resilience in Education

It's OK to not be



Your mental health matters. And you're not alone.

Call the Nebraska Family Helpline at **(888) 866-8660**.

We're Project AWARE
education.ne.gov/csss/school-mental-health/mental-health-awareness



Students, you should feel safe talking to someone about your mental health.

Together with families and educators, Project AWARE is providing schools across Nebraska with tools to end the stigma on mental health, encourage conversation, and help young people thrive with healthy lives and healthy minds.

Are you finding it hard to get through the day?

It's OK to reach out for help.

Just like you would see a doctor for a sprain, it's normal and healthy to see a professional for your mental health too.

No problem is too big or too little to talk to someone about it.

You're not alone, and there are people who want to help.

Remember:

- ▶ You don't have to wait for a disaster to talk to someone.
- ▶ Many of your peers and friends are also talking to someone for their mental health.
- ▶ You're not a burden.
- ▶ You deserve to feel your best.

Call the Nebraska Family Helpline at (888) 866-8660. For any question, any time.