

It's OK to not be

OK.



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

If you feel like you can't make it through the day, it's OK to reach out to a trusted professional. Just like going to the doctor when you have a pain, it's healthy to seek help with your mental health as well.

We're working to end the stigma on mental health in rural Nebraska. We're providing school-based mental health services and education so students just like you can get the support they need and feel safe doing it.

We're Project AWARE.

If you're wondering where to turn for help, call the Nebraska Family Helpline at (888) 866-8660.
Or, visit education.ne.gov/csss/school-mental-health/mental-health-awareness.