

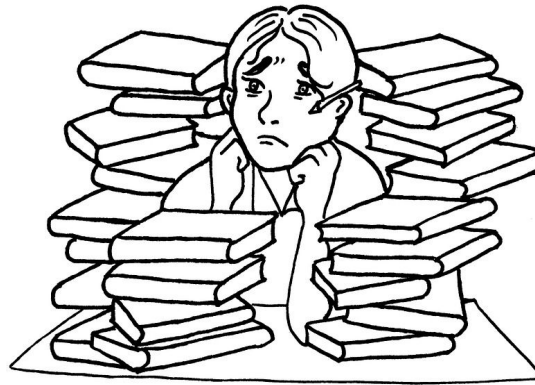
- ## If you notice that a friend is...

- Talk to them and see if there is anything you can do to help them.**

If you are having any serious mental health issues, please talk to a professional and try to get help.

**If you are considering suicide please call the
The National Suicide Prevention Lifeline.**

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Stress & You

**Feeling overwhelmed with
school/friends/family/work?**

Chances are that you haven't been spending much time on yourself.

Here are a few stress management tips:

- **Set aside some time for yourself and relax!**
 - **Socialize (face to face!)**
- **Get plenty of sleep, you'll wake up ready for whatever comes at you!**
 - **Exercise!**
- **Talk to your teachers, they have probably been in your shoes before!**
 - **Manage your time wisely.**

**If it begins to affect your health, talk to your doctor to help
solve your issue.**



11% of adolescents will have depression by age 18.

**Depression can mimic Bipolar Disorder in it's symptoms,
but is often more severe.**

Insomnia frequently accompanies depression as well.

Over **50%** of people who commit suicide each year suffer from depression.

**It is so important to get help if you are affected by depression.
There are undoubtedly others who know what you are going through,
there is no shame in asking for help. People love you and would love to
help you.**

If you are considering suicide and don't have anywhere to turn to, please call the National Suicide Prevention Lifeline.

[illegible]



Bipolar Disorder & You

Bipolar Disorder, like depression, is very common in the United States.

It is also frequently genetically inherited.

Bipolar Disorder is often characterized as 'just a disorder' that causes mood swings, which is partially correct but not entirely truthful.

Bipolar disorder has a very wide range of symptoms, from mood swings to delusion.

Treatment for bipolar disorder is available. While it does help manage symptoms, it can not be cured.

If you believe that you or a friend may have bipolar disorder, talk to someone or them.

Support makes all the difference.