

NOT FEELIN' LIKE YOU?



Anxiety and depression can feel like: stress, sadness, irritability, anger, fear, worry, hopelessness or being stuck.



Losing interest in seeing friends



Not caring about school or activities



Struggling to concentrate, eat or sleep



Feeling like nothing matters



Using, or thinking about trying, drugs and alcohol



Attempting, or considering, hurting yourself or others

You're not alone, and you don't have to feel this way.



Call or text **988** for help from trained counselors. It's free and available 24/7. Scan the QR code for more resources.



UnityPoint Health