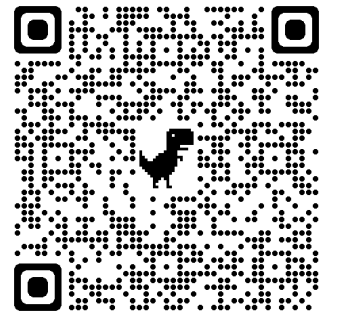


Mental Health Support at TIDE

Request to meet with our therapist
in the Wellness Center here or →
Or contact lreiser@seq.org, ext. 79051



Signs to look out for

CAN'T FOCUS

WORRY WON'T STOP

feeling low about
yourself

changes in sleeping,
appetite or mood

WANTING TO BE
ALONE

trouble managing
emotions like anger,
sadness, stress

thoughts of hurting
yourself or suicide

...Come as you are.