Signs to look out for

- 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
- Can't focus
- Worry won't stop

Mental Health Support at TIDE

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

WANTING TO BE ALONE

...Come as you are.