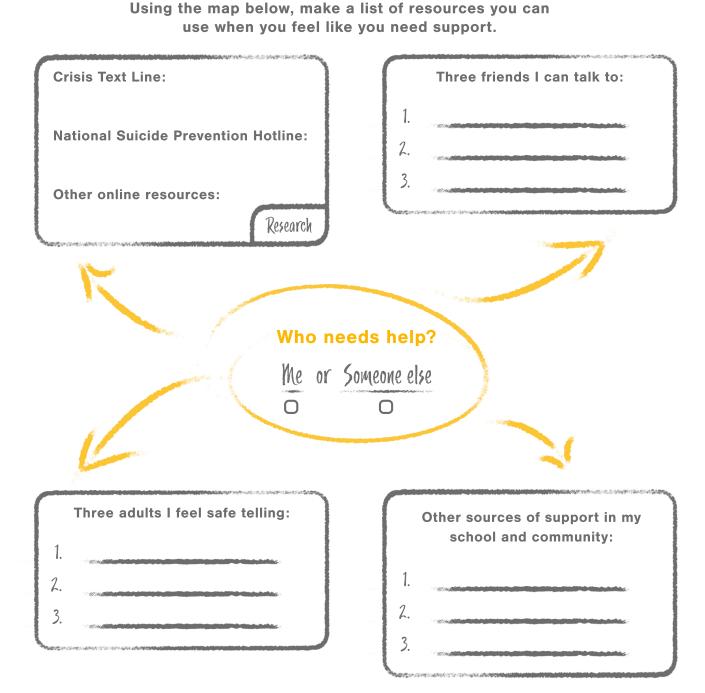
## Mental Health Resource Map

According to the National Alliance on Mental Illness, 1 in 5 youth and young adults live with a mental health condition. Here are some signs that you or a friend might need to ask for help; withdrawing from social life; appearing sad or more tired than usual for more than two weeks; self-harming actions; not eating or taking extreme measures to lose weight; extreme changes in behavior or personality; severe mood swings; difficulty concentrating.

**CYBER** SWAT



Remember: If someone is in immediate danger, call 911 or go to an emergency room.

