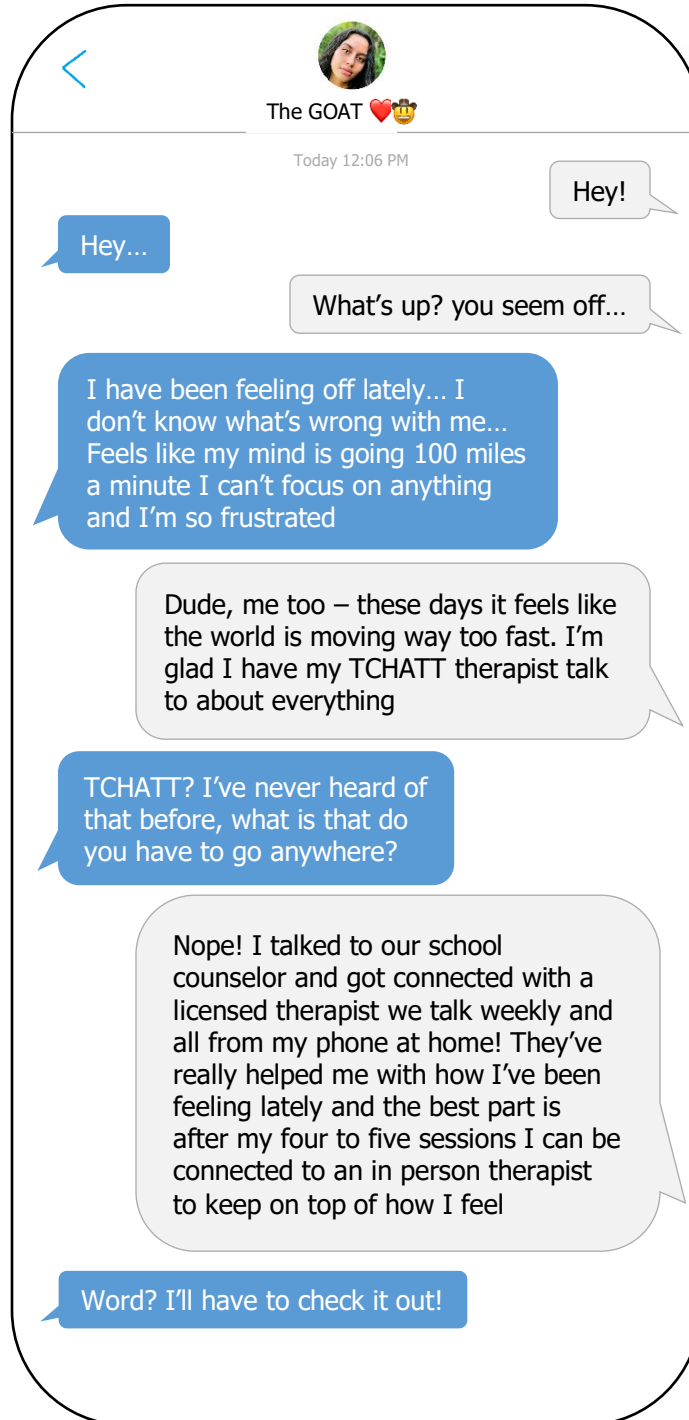




Mental Health Access Free mental health access system

Service enables you to see a licensed Therapist or Psychiatrist through a secure video chat
Monday through Friday 8am-4pm excluding holidays



Have you recently had a change in mood or behavior?

1. Becoming more isolated
2. Caring less about school, friends, or activities
3. Changes in your sleep
4. Changes in your overall mood: more sad or angry
5. Changes in how you talk or think

Challenges in Relationships

1. Argumentative with friends, teachers, or family members
2. Sudden changes in friendships or romantic relationships
3. Notable disinterest in previously important relationships

Thoughts of Suicide or Self-Injury

1. Making statements about not wanting to live
2. Not wanting to wake-up
3. Non-accidental injuries or injuries
4. Statements about being a burden to others

ACTIVE PLANS or ATTEMPTS TO DIE or Harm REQUIRES IMMEDIATE HELP-Call 911 or Go TO the Nearest Emergency Room