

Different Kinds of Hurt: Isaac's Story



If you or someone you know is often feeling sad, angry, unhappy, anxious, scared or "not okay," talk to a parent, teacher, guidance counselor, nurse, or adult that you trust.

Text 741741 to speak to a crisis counselor
www.samaritanshope.org
**The National Federation of Families for Children's
Mental Health:** www.ffcmh.org/resources
Parent/Professional Advocacy League: www.ppal.net

#ItsOkNotToFeelOk