

# TEEN and YOUNG ADULT

## Mental Health Resources



## CHECK-IN.

Checking in means setting time aside to reflect with yourself on how you are feeling and what you need. Here are some questions you can answer to check-in on your mental health

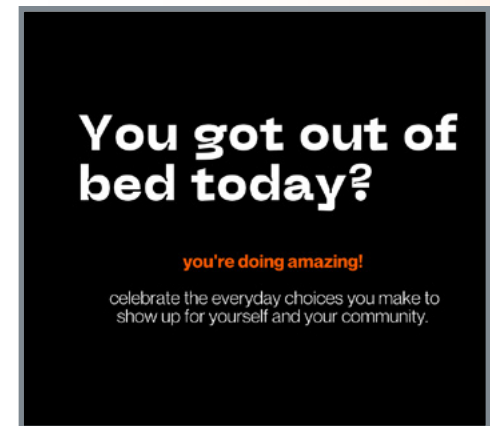
[YA Mental Health Check-in Carousel – Instagram Post](#)



## CELEBRATE.

Everything you do for your mental health is a reason for celebration. Swipe to reflect on the everyday decisions to care for your mental health.

[YA Mental Health Game Plan – Instagram Post](#)



## APPRECIATE.

Gratitude is showing appreciation to yourself. Join our gratitude challenge and try giving thanks to yourself.

[YA Gratitude Challenge – IG Story](#)

