

HOW ARE YOU FEELING TODAY?



**HAPPY TO BE
BACK WITH
FRIENDS.**



**STRESSED
ABOUT
EVERYTHING.**



**CAUTIOUSLY
OPTIMISTIC.**



**EXCITED.
THINGS ARE
LOOKING UP.**



**WEIRD.
THINGS ARE
WEIRD
RIGHT NOW.**



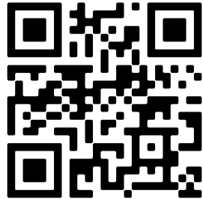
STUCK.



The Jed Foundation



The Jed Foundation's Mental Health Resource Center is here for you.



Feelings give us information that helps us know what we need at any given moment. Find easy-to-use tools and tips for managing feelings like anxiety and sadness, as well as guides to supporting the people you love, including how to get professional support if you—or they—need it.

jedfoundation.org/mental-health-resource-center

Need to talk to someone right now? Text HOME to 741-741 or text or call 988 for a free, confidential conversation.

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today—and tomorrow.

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