

LIFE IS A
JOURNEY
WITH UPS AND DOWNS.
EMBRACE
THE RIDE AND GROW
STRONGER
ALONG THE WAY.



Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

988
SUICIDE
& CRISIS
LIFELINE



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