

School Supply List:

✓ **LAPTOP/TABLET**

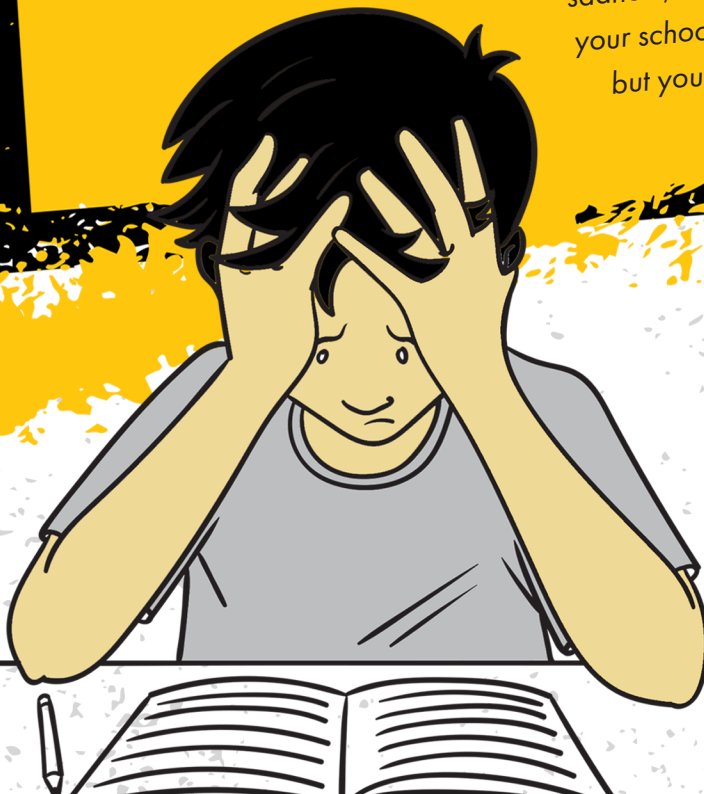
✓ **BACKPACK**

✓ **PENS, PENCILS**

✓ **NOTEBOOKS**

X PANIC ATTACKS

Overwhelming feelings of loneliness, sadness, and anxiety... these weren't on your school's recommended supply list, but you might have them anyway.



It's OK to not feel OK. Help is available. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use the QR codes to access resources. 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