

**Managing homework, papers, tests,
and activities might be stressing you out.**

**YOU
ARE
NOT
ALONE**

If you're feeling overwhelmed, don't be afraid to reach out for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use the QR codes below 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.

