

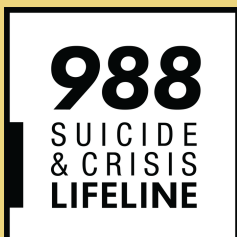
5 SIGNS SCREEN TIME IS AFFECTING YOUR MENTAL HEALTH



THINK YOUR SCREEN TIME MAY BE A PROBLEM?

Talk with a trusted adult, like a school counselor or parent.

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.



Funded with federal dollars made available through the American Rescue Plan