



Sometimes we just need extra support. When that happens, we need quick access to the resources that provide that additional support. Your mental health is important and sometimes it takes more than a few friends to help you navigate those difficult times. Check out these additional supports and resources on [activeminds.org](https://www.activeminds.org) for when you need more.

Never be afraid to ask for help.



signs-and-symptoms



get-help-now