

CHECK THIS OUT:

- Are you feeling sad most of the time?
- Have your eating or sleeping habits changed?
- Do you use drugs or alcohol to deal with pain?
- Are you feeling lonely or overwhelmed?

If you answered YES to some of these questions,
help is available.

Call the
Crisis Hotline at
1-888-568-1112

Talk to an
adult you
can trust

PROP's Maine Youth Action Network & Communities Promoting Health

