

1/2 OF ALL MENTAL HEALTH
PROBLEMS START BY AGE 14

Don't suffer in silence

SCREENING IS AN ANONYMOUS, FREE, AND PRIVATE WAY TO LEARN ABOUT YOUR MENTAL HEALTH AND IF YOU ARE SHOWING WARNING SIGNS OF A CONDITION. A SCREENING IS NOT A DIAGNOSIS, BUT IT CAN BE A HELPFUL TOOL FOR STARTING A CONVERSATION WITH SOMEONE YOU TRUST ABOUT YOUR MENTAL HEALTH.

**TAKE THE YOUTH SCREEN
AT [MHASCREENING.ORG](https://mhascreening.org)**



IF YOU NEED IMMEDIATE HELP, TRAINED CRISIS COUNSELORS ARE AVAILABLE 24/7
BY TEXTING "MHA" TO 741-741 OR BY CALLING 1-800-273-TALK(8255).