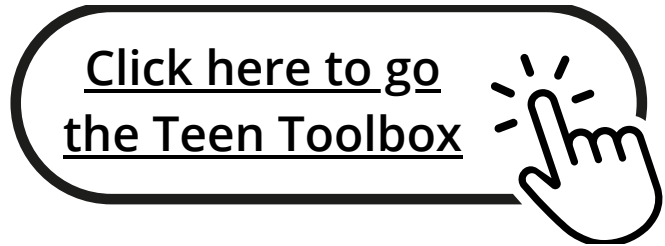




Erika's Lighthouse



The Teen Toolbox is designed to help you better understand mental health.



Explore the Teen Toolbox and answer the questions below.

Name something you learned that was new:

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How can you support a friend who is experiencing a mental health challenge?

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What is one way you can take care of your mental health?

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How can you start a conversation about how you're feeling with a trusted adult?

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If you need to speak with someone immediately, please text or call 988. If this is an emergency, please call 911.

**988** SUICIDE & CRISIS LIFELINE

Whatever time: Day. Night. Weekend.  
 Whatever the reason: Mental health distress. Thoughts of suicide. Worried about a friend or loved one. Would like emotional support.

The 988 Suicide & Crisis Lifeline is here for you.  
 Text or Call 988 | Chat 988lifeline.org |  
 For emergencies, call 911

