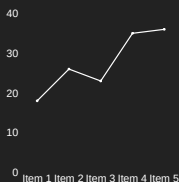


LET'S GO Find Some APPS FOR MENTAL HEALTH

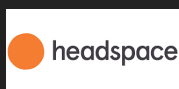
HEALING FOR ALL AGES



MENTAL HEALTH APPS CAN HELP



- ★ MANAGE STRESS AND ANXIETY
- ★ PROVIDE OUTLETS FOR THOUGHTS & FEELINGS
- ★ HELP YOU FEEL YOUR NOT ALONE
- ★ PRIVACY - AT YOUR OWN PACE AND TIME



MEDITATION
& MORE

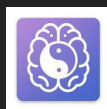


PRESENTLY:
GRATITUDE
JOURNAL

COGNITIVE
BEHAVIORAL
THERAPY



DBT
COACH



POWER UP YOUR MENTAL HEALTH

KIDS HELP PHONE

YOUNG PPL CAN TXT
"TALK" TO
686868



ADULTS CAN TXT
"WELLNESS" TO
741741



SIX NATIONS MOBILE
CRISIS LINE

519 445 2204

OR

1 866 445 2204

START NOW



INFORMATION PROVIDED BY: GEDEO TEAM - COMMUNITY CRISIS RESPONSE

SOURCES: SIX NATIONS HEALTH SERVICES

WAY TO GO!! YOU LEVELED UP!!