

Stop the Stigma!



Depression comes in many forms...
YOU ARE NOT ALONE

Do you need help for yourself or a friend?

Text-A-Tip

24/7

365

Text LAKECO and your brief message to 274637



Text-A-Tip is a crisis helpline that youth can use to anonymously text with a counselor about concerns about themselves or a friend.

If in crisis, go to an emergency room or call 911. More info — www.HCHYStopTheStigma.com

Original artwork by WTHS students Eunice De La Cruz and Shannon Dunn