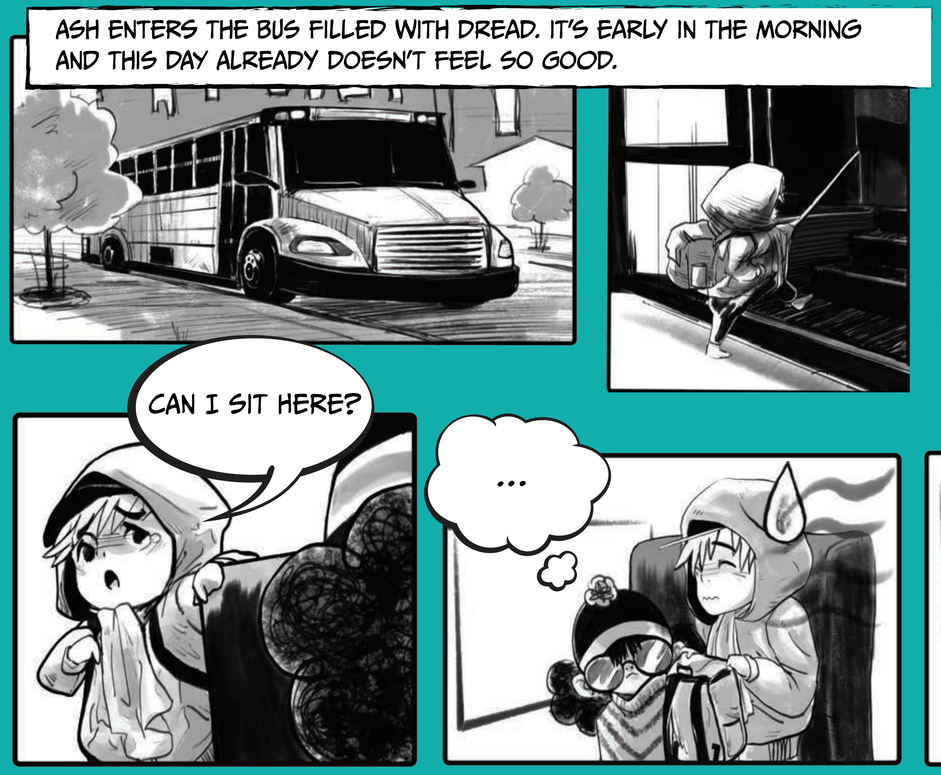
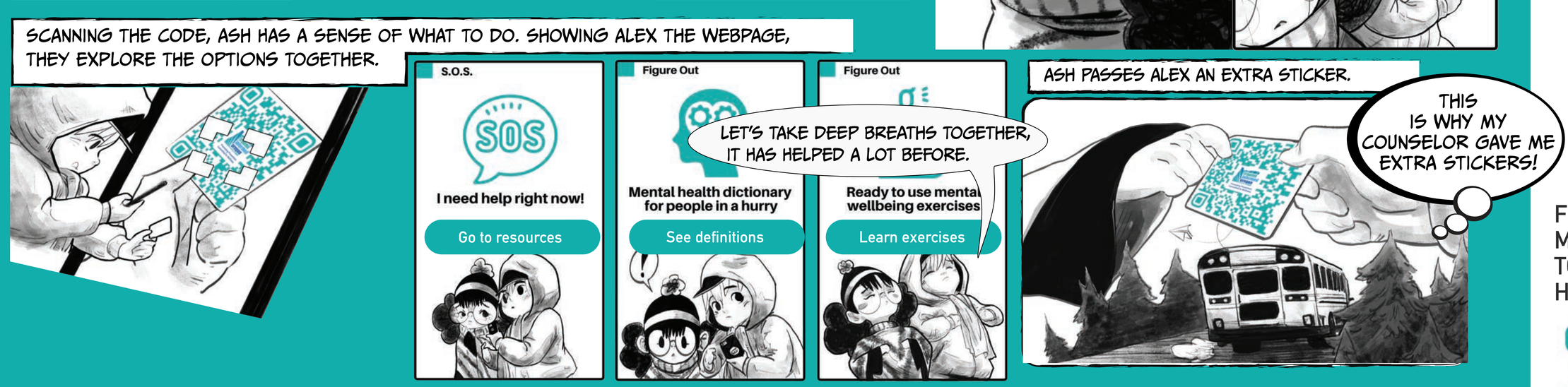
YOUTH WELLBEING TOOLS & RESOURCES

READY-TO-USE HELP FOR YOUNG OREGONIANS





IF YOUR FEELINGS ARE GETTING TOO BIG TO HANDLE ON YOUR OWN, TALKING TO SOMEONE YOU TRUST COULD REALLY HELP.

FOR EASY MENTAL HEALTH TOOLS, SCAN HERE: