

# How You Feel is Important



We all have many feelings - it's normal! If you feel sad, upset, worried, or any other emotion, you're not alone. It's important to talk with a trusted adult about these feelings, like a parent, guardian, or adult in your school. Your **teacher(s)**, **school nurse**, **psychologist**, **school counselor**, or **social worker** are available to help.



*"Taylor has been feeling worried a lot lately, so they went to the school nurse to talk about it. Thankfully, the school nurse helped Taylor get the support they needed to better work with their feelings."*



If you don't feel comfortable talking to an adult you know, there are also helpful numbers you can call or text that connect you with a professional.

<a href="#">Crisis Text Line</a>	Text "START" to 741-741 ***
<a href="#">National Alliance on Mental Illness (NAMI) Chicago</a>	833-626-4244 (3rd-5th grade)
<a href="#">The Trevor Project</a>	Supporting LGBTQ Health Text or call 866-4-U-TREVOR *

\* You have to give your name or information, but they will not tell anyone unless you are in danger

\*\*\* You do not have to give your name or information

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