

# Need a safe place to talk?

16+

Did you know that you have **FREE** access to a safe and confidential peer community to get support when you are feeling low?



SCAN TO JOIN FOR  
FREE TODAY



## Community

We offer an anonymous community to share how you're feeling, listen and be heard.



## Courses

Find courses specific to your concerns and learn techniques to manage your mental health.



## Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

