

# MERIDIAN COMMUNITY HEALTH *Speaker Series*



## SCHOOL *Assembly*



Meridian cares deeply about your well-being and our School-Based Health Clinics are there to support you! It's not always easy to know how to get help. These resources can help you get started:

### SIGNS YOU MAY BE STRUGGLING

- Avoiding activities you typically enjoy
- Stomach aches, headaches, school absences
- Emotional outbursts - anger, sadness, irritability, worrying
- Risk-taking behaviors

### IF YOU SEE BULLYING

- Tell them to stop, walk away and tell a trusted adult

### SIGNS THAT NEED IMMEDIATE ATTENTION

- Feeling hopeless
- Not seeing a reason to live

### RESOURCES

If you or your child is in need of Mental Health or Behavioral Services call the Meridian School-Based Health Clinic at (765) 756-5100, or visit the clinic located at Richmond High School.

**YOU ARE NOT ALONE!**

**866-306-2647**

**MeridianHS.org**



**LISTEN.**



**INSPIRE. ACHIEVE.**



A collaborative partnership with Meridian Health Services and community schools expanding Meridian's mission of "whole-person" health integrating physical, mental, and social well-being in a convenient health center located within the schools.