

HOW ARE YOU, **REALLY?**

For many youth in the Black, Indigenous, People of Color (BIPOC) community, the answer is **'I'm not ok.'**

- Disproportionate COVID-19 impact
- Civil unrest
- Tough conversations about race

These, and other stressors, can impact mood, sleep cycles, energy and productivity.

For youth exhibiting signs of behavioral health challenges, call the **Children's System of Care** at **1-877-652-7624** or

Introduce them to **2nd Floor**, an anonymous youth helpline with trained staff and volunteers at **1-888-222-2228**

