



Your voice is your **super-power**

Sometimes we're afraid that talking about our worries and problems can make us look weak. However, sharing our feelings actually helps us figure things out. So get talking and don't be afraid to ask for help. In Stamford, there are resources available to all families because our kids' mental health matters.



Scan this QR code
for a link to local
resources.

don't carry it **alone.**
WE'VE GOT YOU