



Being a teenager can be hard—and when a pandemic disrupts your normal routines, it can get a lot harder. You may feel disappointed, depressed, and anxious about the future. How about connecting with other teens from around the state to share your feelings and compare experiences? Register for a virtual support group designed especially for 14-to-17-years-olds, hosted by our Stay Well counseling team.

Sign up for one or more sessions  
at [https://zoom.us/meeting/register/tJcpcu6rqDooGdJDuhvQba3\\_y1TJc0BH3XU2](https://zoom.us/meeting/register/tJcpcu6rqDooGdJDuhvQba3_y1TJc0BH3XU2)  
You'll get a confirmation email with information to join the meeting.



## ***Be Kind to Your Mind.***

**Call the Michigan Stay Well counseling line for free emotional support.**

**Dial 1-888-535-6136 and press “8.”**

Remain on the line until you hear the prompt to speak with a Stay Well counselor. This service is free, confidential, and available 24/7. For more guidance on coping with pandemic-related distress, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

*The Stay Well program is brought to you by a behavioral health task force within the Michigan Department of Health and Human Services, with grant funding from the Federal Emergency Management Agency. Crisis counseling training was provided by the Substance Abuse and Mental Health Services Administration.*

