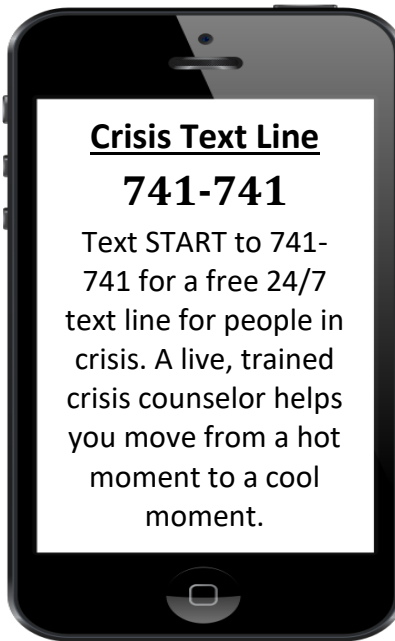
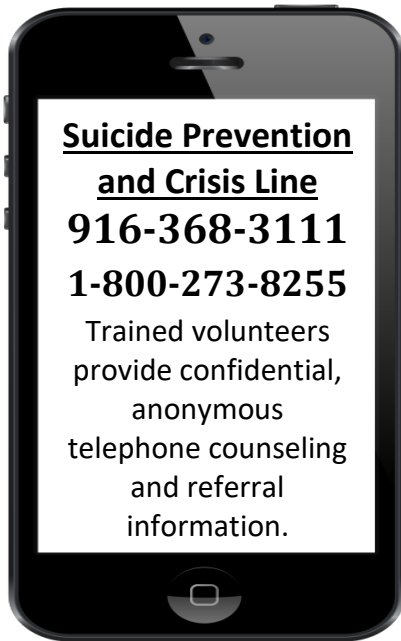


# YOU ARE NOT ALONE

Help is here 24/7. Get help for yourself, friends, family, or anyone.  
Here are some resources.



## **SCHOOL STAFF IS HERE FOR YOU**

***Additional supports available for:***

- *Coping strategies*
- *Stress management*
- *Time management*
- *Anxiety*
- *Depression*
- *And much more*

***More resources available on the Franklin HS Counseling website-***

[http://frhs.egusd.net/our\\_school/guidance\\_\\_\\_counseling/support\\_services\\_\\_\\_wellness](http://frhs.egusd.net/our_school/guidance___counseling/support_services___wellness)