

Anxious? Stressed? Depressed?



What can you do?

Drinking, drugs, depression or bad eating habits can lead to stress, anxiety and despair. So, too, can problems with a classmate who bullies you. You want problems like these to stop or go away but don't know where to turn for help.

What should you do? **Call SAM.**

SAM (Student Assistance by Mercy) is a 24-hour help line operated by Mercy for people like you. Call and talk to a counselor who'll help you get help. All confidential ... any time day or night.

Don't be afraid to call when you know you need help.

Call SAM

Student Assistance by Mercy

1-855-225-2SAM (2726)