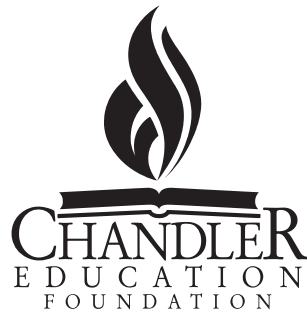




CUSD

CARES

CUSD CARES



RESOURCES

**Teen Lifeline:
1-800-248-8336**

**Maricopa Crisis Line:
602-222-9444**

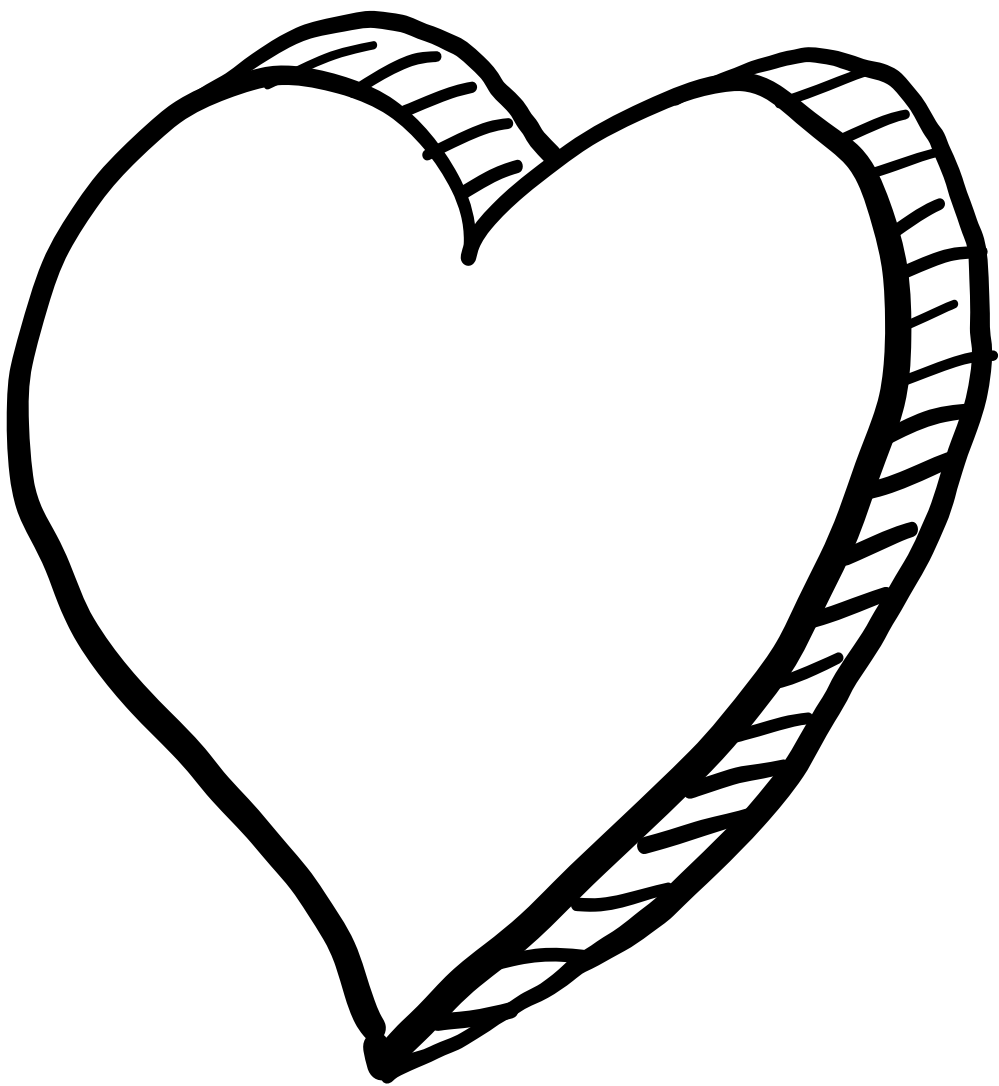
**Crisis Text Line:
741-741**

If you're going through any type of problem a great person to share your thoughts and feelings with is your school counselor. They are good listeners and can help you handle your emotions.

My counselor is:

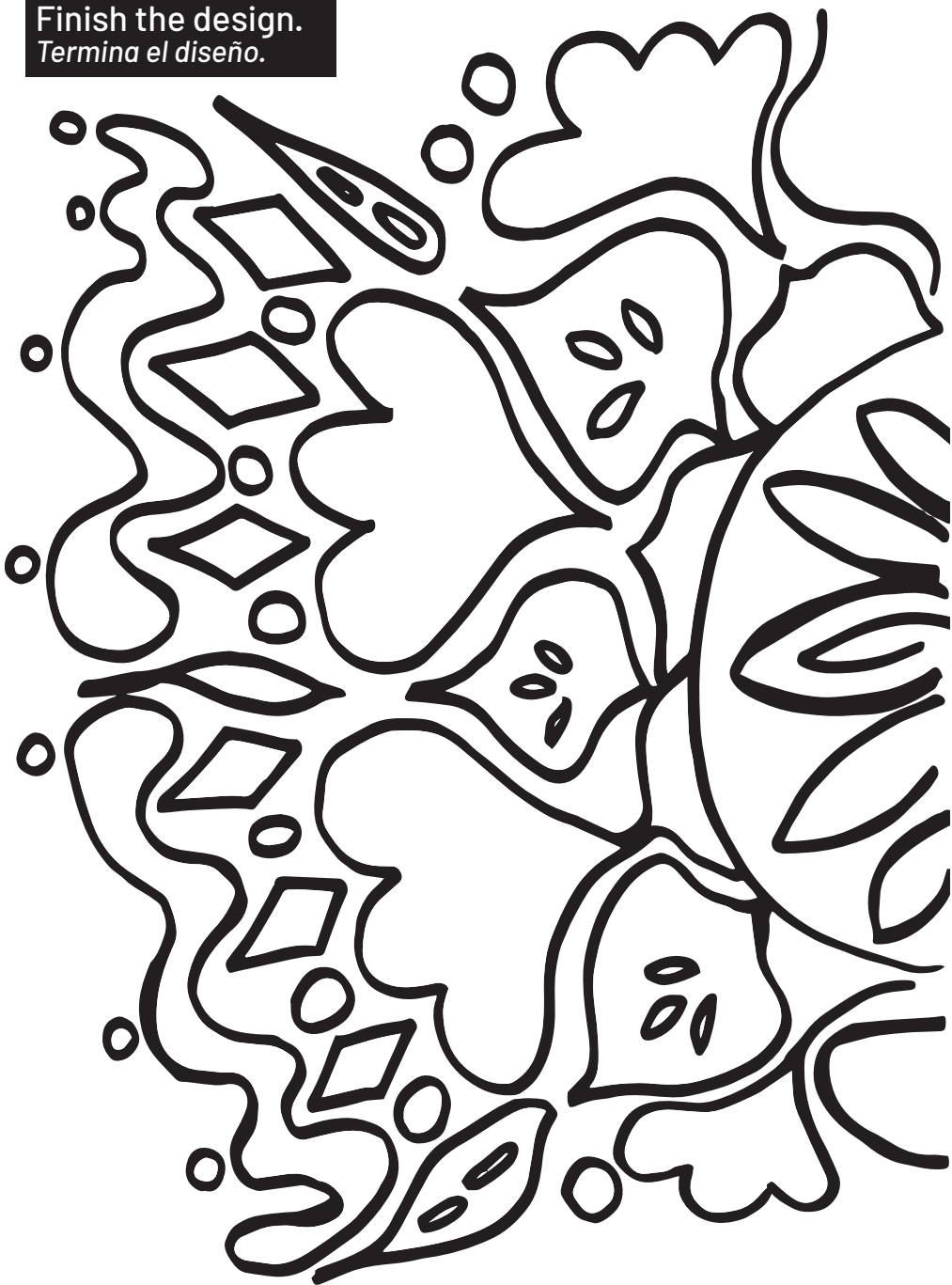
Cualquier problema o preocupacion que tengas puedes contar con tu consejera/o en la escuela. El/ella estan preparados para escuchar y ayudarte manejar tus emociones.

Mi consejero/a es



If you feel bored,
Si te sientes aburrido...

Finish the design.
Termina el diseño.



you are creative.
eres creativo.

If you feel different, *Si te sientes diferente...*

Make something using your fingerprints.
Haz algo usando tus huellas digitales





you are special.
eres especial.


If you feel angry,
Si te sientes enojado...



you can breathe.
puedes respirar.

If you feel worried,
Si te sientes preocupado...

Write your worries here...
Escribe tus preocupaciones aquí

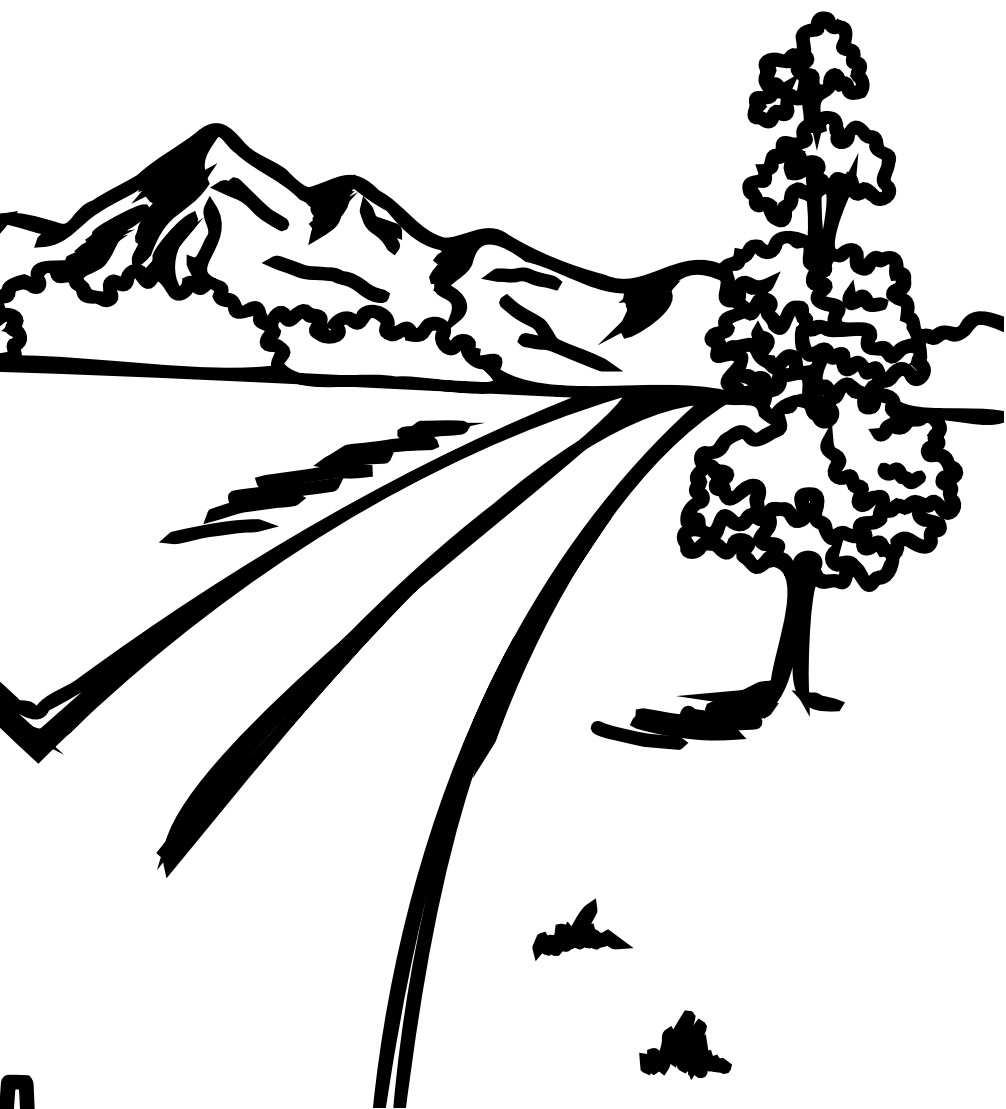




you are safe.
estás a salvo.

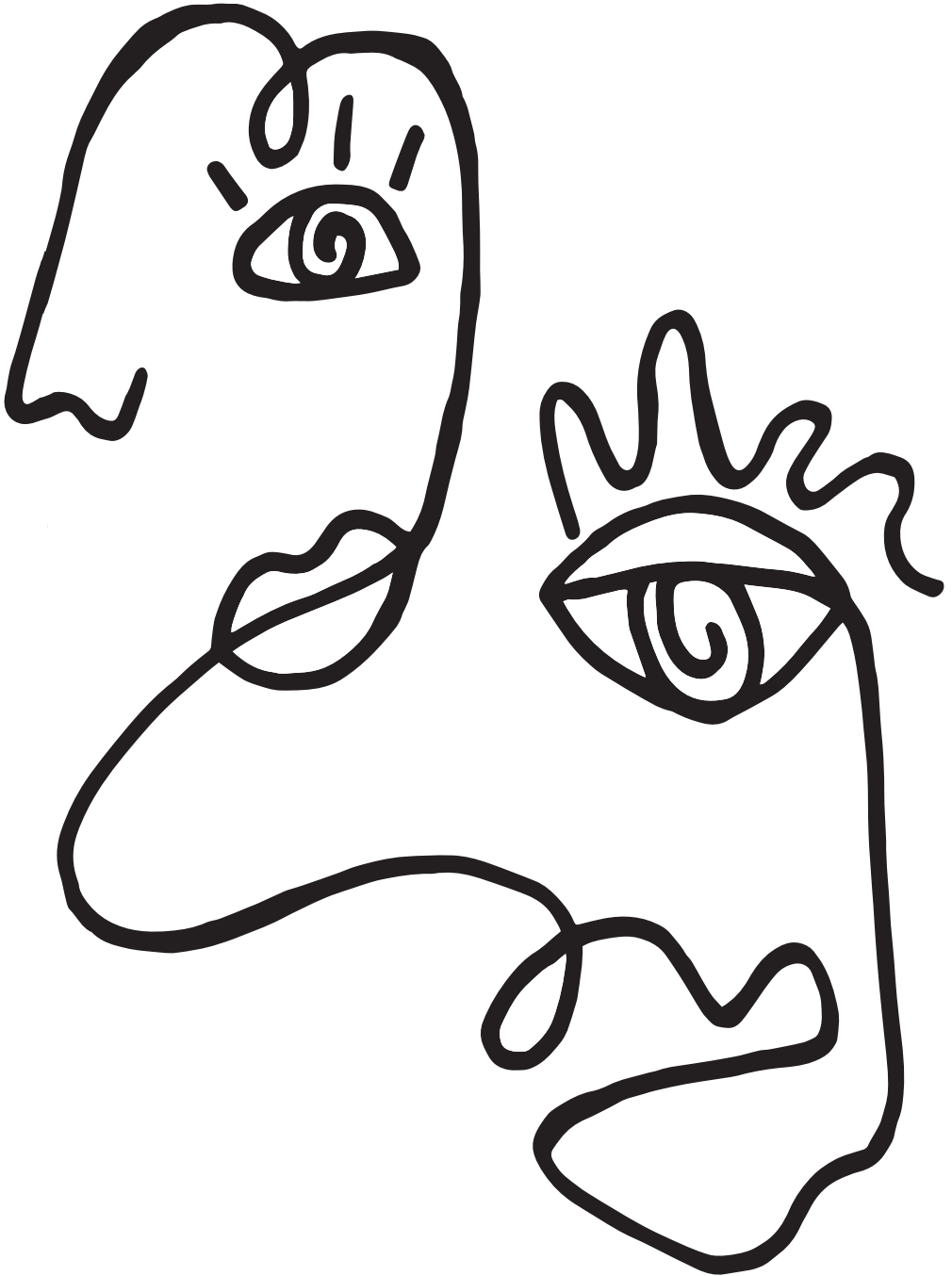
If you feel stuck,
*Si te sientes
atrapado...*





you can keep going.
puedes seguir adelante.

If you need help,
Si necesitas ayuda...



Can you draw a face without taking your pencil off the page?
¿Puedes dibujar una cara sin quitar el lápiz de la página?

you can use your voice.
puedes usar tu voz.

If you feel lonely, *Si te sientes solo...*

Trace your hand and name 5 people who support you.
Traza tu mano y nombra a 5 personas que te apoyen.



remember you are not alone.
recuerde que no estás solo.

If you feel sad,
Si te sientes triste...

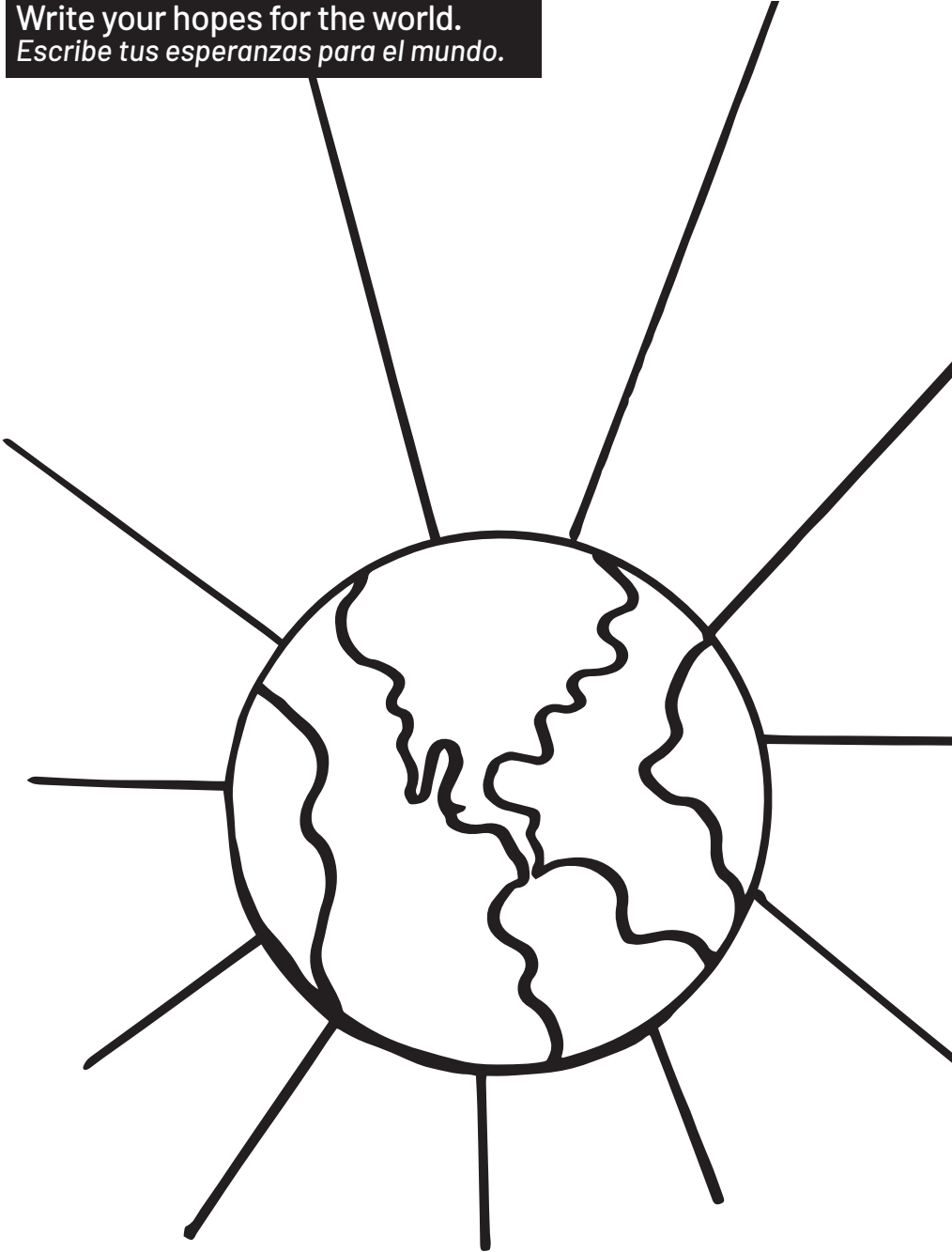




there is hope.
hay esperanza.

Remember, we are all in this together.

Write your hopes for the world.
Escribe tus esperanzas para el mundo.

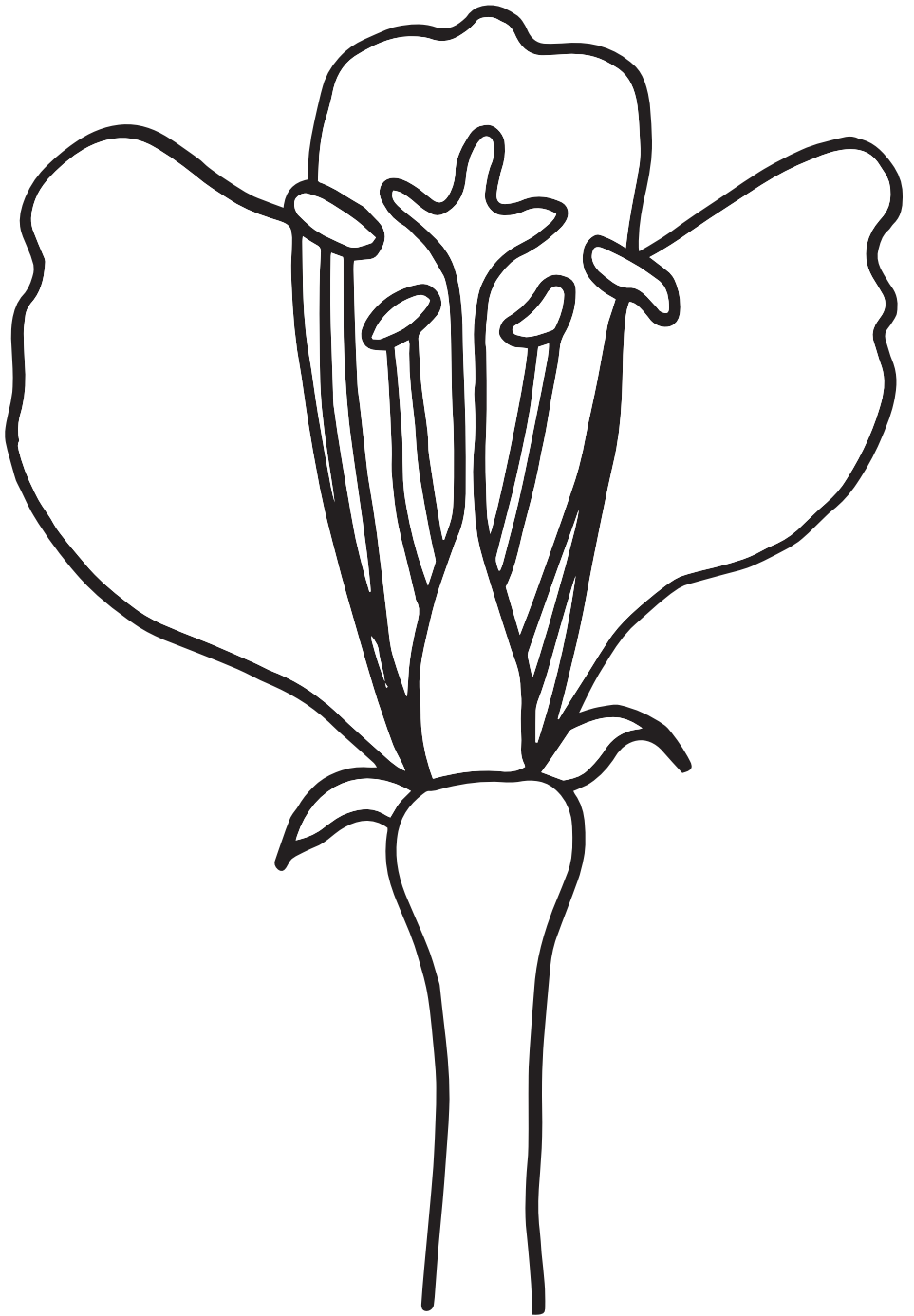




*Recuerden que todos
estamos en esto juntos.*

Let kindness grow!

Deja que la bondad crezca!



THANK YOU!

To our sponsors, **ASBA Insurance Trust** and **The Dan Hrey Team**, for donating to help pay for this booklet.
Your generosity is appreciated.

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