

# HOW ARE YOU, **REALLY?**

For many youth in the Black, Indigenous, People of Color (BIPOC) community, the answer is **'I'm not ok.'**

- *Disappointing perspectives on current events from friends or family*
- *Overexposure to hostility in the news and social media*
- *Generational trauma*
- *Disproportionate COVID-19 impact*
- *Civil unrest*
- *Tough conversations about race*

**These, and other stressors, can impact mood, sleep cycles, energy and productivity.**

For youth exhibiting signs of behavioral health challenges, call the **Children's System of Care** at **1-877-652-7624**

or introduce them to **2nd Floor**, an anonymous youth helpline with trained staff and volunteers at **1-888-222-2228**

