

Are You Stressed?

SIGNS & SYMPTOMS

- Feeling sad or down
- Reduced ability to concentrate
- Increased fears or worries
- Extreme feelings of guilt
- Withdrawal from friends/activities
- Low energy or problems sleeping
- Crying more often
- Refusing or avoiding school
- Experiencing a regression in behaviors
- Increased thoughts about death, safety, or suicide
- Paranoia or hallucinations
- Inability to cope with stress
- Problems w/ alcohol/drug use
- Major changes in eating habits
- Excessive anger/hostility/violence
- Increased irritability
- Increased clinginess



40% of students in **2020** struggled with mental health due to distance learning
—MN Department of Education

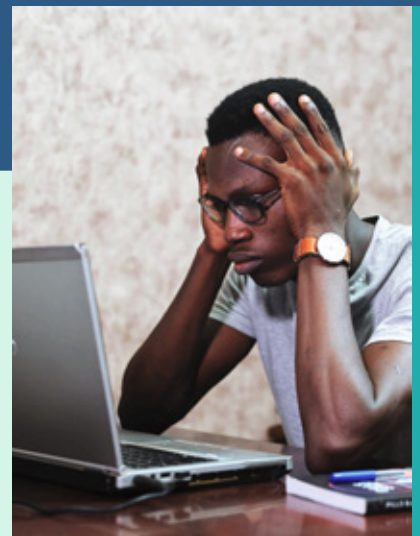


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- Telehealth
- In-Home
- Psychiatry
- Mental Health
- Substance Use Treatment

SERVICES



17 Convenient Locations

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- Baxter/Brainerd
- Eden Prairie
- Otsego
- Big Lake
- Mankato
- Rochester
- Bloomington
- Maple Grove
- Sartell/St. Cloud
- Cambridge
- Minnetonka
- Woodbury
- Coon Rapids
- Moorhead

Coming Soon

- Blaine
- Edina
- Maplewood

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To Schedule:

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