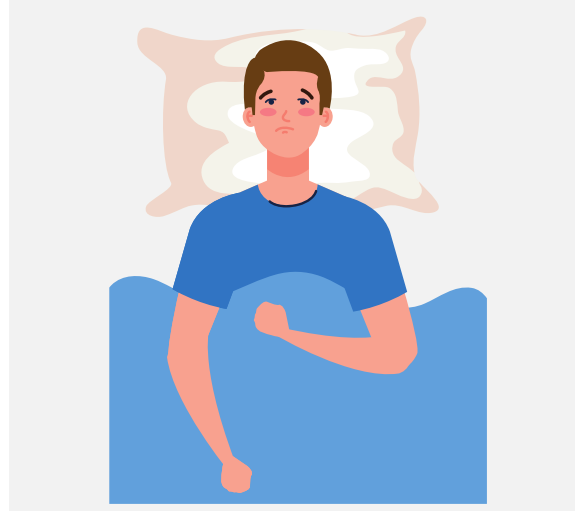


# Going to the Emergency Room

Sometimes I may feel very sad, or angry or anxious.



I may not want to get out of bed or go to school or work.



I may have thoughts about hurting myself or someone else.



If I feel like this or have these thoughts for many days, I should tell a trusted adult like a therapist, parent, counselor, staff, teacher or friend.



They can help me get help for my thoughts and feelings.



If my thoughts and feelings get worse, I may need to go to the Emergency Department for help.

## EMERGENCY

