

MASK[®] Life Hacks #1

MASK[®] Take a MASK Minute



MASK[®] Life Hacks #2

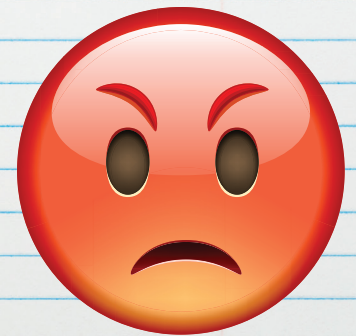
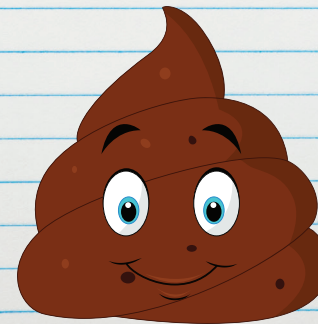
FEEL AND DEAL



Identify it!



Deal with it!



Own it!



MASK[®] Life Hacks #3

4 UR SELFIE

Understanding When You Need Help

Identify it!

Ask for it!

Accept it!



MASK[®] Life Hacks #4

CIRCLE OF TRUST



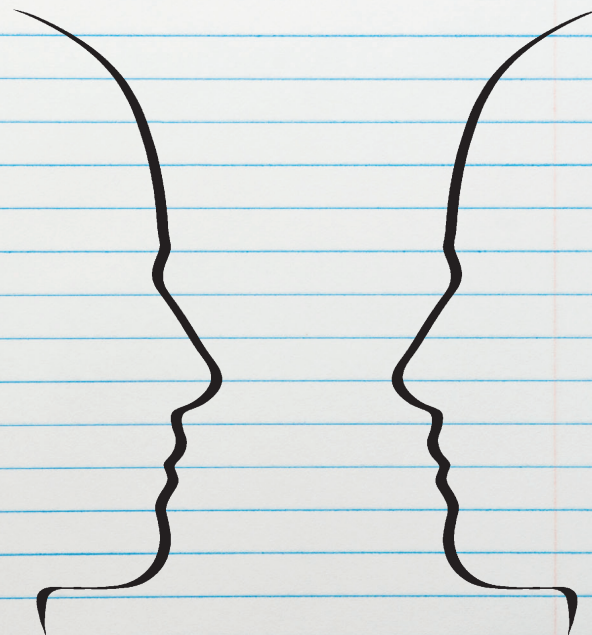
- ★ Find your 5!
- ★ Your trusted 5 will always keep you safe.



MASK⁺ Life Hacks #5

FACE TIME

- ★ Find someone you trust.
- ★ Face-to-face.
- ★ Use I statements.
- ★ Be there for others.



MASK[®] Life Hacks #6

MASK[®] Reset



MASK[®] + Resources



TEEN LIFELINE:

1-800-248-8336

CHILDHELP:

1-800-422-4453

**ADOLESCENT SUBSTANCE
ABUSE PROGRAM (ASAP):**

602-434-02491



CRISIS TEXT:

**TEXT 741741 TO TEXT
WITH A TRAINED COUNSEOR**



ASK MASK?

VISIT: MASKMATTERS.ORG