

A close-up photograph of a person's hands playing an acoustic guitar. The person is wearing a blue suit jacket and a white shirt. The guitar has a reddish-brown body and a dark fretboard. The background is a blurred blue pattern.

# MOMENTS TO PROTECT YOUR MENTAL HEALTH

FUNDED IN WHOLE OR IN PART BY IDHS/SUPR THROUGH SAMHSA.

A group of teenagers sitting at a table, looking at their phones. The image is overlaid with a blue gradient.

**TEENS WHO DRINK ARE MORE LIKELY TO FACE ANXIETY AND DEPRESSION. CARE FOR YOUR MIND AND AVOID ALCOHOL.**

**NOT MISSING THE MOMENT**