

**ENCOURAGING GEORGIA'S  
YOUNG PEOPLE TO  
EXPLORE THEIR REAL  
FEELINGS AND SHARE  
THEM FEARLESSLY.**

## SELF-CARE

THE PRACTICE OF TAKING  
ACTION TO PRESERVE OR  
IMPROVE ONE'S OWN  
HEALTH

## GOOD MENTAL HEALTH

THE QUALITY OR STATE OF  
BEING HEALTHY IN BODY AND  
MIND, ESPECIALLY AS THE RESULT  
OF DELIBERATE EFFORT

## WELLNESS



**SPEAK. LISTEN. CONNECT.**

LET'S CONNECT

@FREEYOURFEELSGA



ON SOCIALS

CONTACT US

✉ [freeyourfeels@gmail.com](mailto:freeyourfeels@gmail.com)

🌐 [freeyourfeels.org](http://freeyourfeels.org)



YOUTH

MENTAL

HEALTH

CAMPAIGN

[FREEYOURFEELS.ORG](http://FREEYOURFEELS.ORG)



## SUICIDE & CRISIS LIFELINE CALL OR TEXT 988

The 988 Lifeline provides 24/7, free, and confidential support for people in distress, as well as prevention, and crisis resources for you or your loved ones.

## GEORGIA CRISIS AND ACCESS LINE 1-800-715-4225

A Crisis Has No Schedule. Call or text 24/7/365 or download the MyGCAL App for support and help in crisis or routine situation



CALL OR TEXT 988

SCAN FOR  
MORE  
RESOURCES



"Free Your Feels" is a youth mental health awareness campaign encouraging Georgia's young people to explore their real feelings and share them fearlessly.

## SPEAK

We want to empower youth to speak out and express their real feelings,

## LISTEN

To encourage adults and peers to check-in with each other and listen judgment-free,

## CONNECT

And to connect everyone to resources for further guidance or help.

FREEYOURFEELS.ORG



1. GET PROPER REST

SAY DAILY AFFIRMATIONS 2.

3. LAUGH A LITTLE ... OR A LOT!

START JOURNALING 4.

5. ASK FOR HELP!

FOR IMMEDIATE SUPPORT,  
CALL OR TEXT 988