

BWELL Saginaw



*Is your teen stressed? Overwhelmed? Lonely?
Struggling with peer relationships?*

**Help can be hard to ask for. Here's a place to start.
It's a new tool to help them sort through their
feelings – the BWell Saginaw Mental Healthopedia.**



scan here

This self-help site was created with the help of real teens like yours and trusted local mental health professionals who understand how teen brains, bodies and relationships impact their daily lives.

Remember, if you or a loved one experiences feelings that lead to thoughts of killing oneself or hurting others, **call 911 immediately**. If you or a loved one experiences feelings that lead to physical symptoms like shortness of breath, heart racing, or other physical symptoms that cause you discomfort, **you may want to call 911 or visit your doctor**. For more information for your own feelings or those of a friend, please call 988.



The BWell Saginaw Mental Healthopedia is located at bwellsaginaw.org and is brought to you by 13 BWell Saginaw Partners who are working together to improve health outcomes in Saginaw County by applying a covid-like sense of urgency to three health priorities: mental health & substance use, maternal & child health, and obesity & chronic disease.