

BWELL Saginaw



*Are you seeing young patients who seem stressed?
Exhausted? Broken? Overwhelmed?
Unsupported by family and friends?*

**Here's a place to start. It's a new tool to help teens
sort through their feelings – the BWell Saginaw
Mental Healthpedia.**



scan here

This self-help site was created with the assistance of real teens and trusted local mental health professionals who understand how teen brains, bodies and relationships impact their daily lives. It is NOT meant to replace professional health, but to serve as a starting point for helpful information.

The BWell Saginaw Mental Healthpedia is located at bellsaginaw.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.



To request more posters or information, email bwell@saginawcounty.com