

# BMCC & BETTERTMYND

IT'S OKAY TO ASK FOR HELP.

Feeling consistently low or sad 😞

Persistent anxiety or stress 😰

Handling a breakup 💔

Loss of a loved one 🕊️

Past or current trauma/abuse ⚠️

Academic pressures & performance 📖

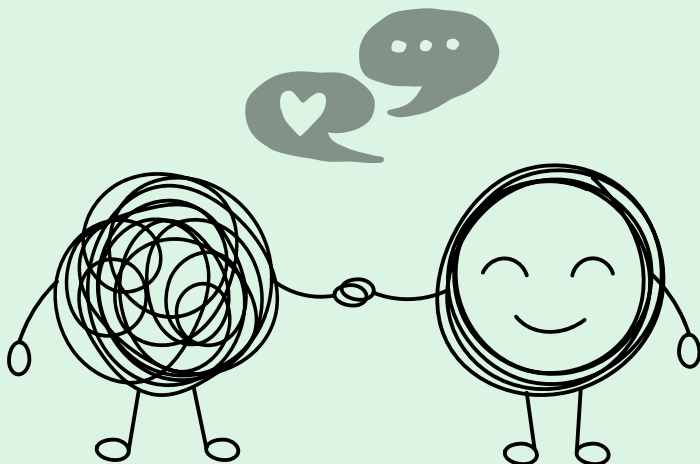
Housing or roommate tension 🏠

Family challenges 👨‍👩‍👧

Facing discrimination (race, gender, disability, etc.) 🙏

ASKING  
for  
HELP  
is OK

MENTAL  
health  
MATTERS



SCAN NOW