

TALKING ABOUT YOUR BIG FEELINGS

with a trusted adult at home or school
can help you feel better.



**Sometimes things happen that make me angry or confused.
It's okay to feel these feelings, and talking
about them with an adult helps
keep my mind healthy and strong.**



Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.