

# Anxious, stressed or sad?



## Help is here.

No judgment, just support. Your school now offers Silvercloud mental health and wellbeing programs made just for you.

Silvercloud gives you private digital mental health and wellbeing tools available 24/7 to help you feel better, faster.

Program is available for students ages 14 and up.

To learn more about Silvercloud or sign up, scan here.



*Or visit the site below*  
[umc.silvercloudhealth.com/STUD](https://umc.silvercloudhealth.com/STUD)

Mississippi School-based Telehealth





SAD?



ANXIOUS?



STRESSED?

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