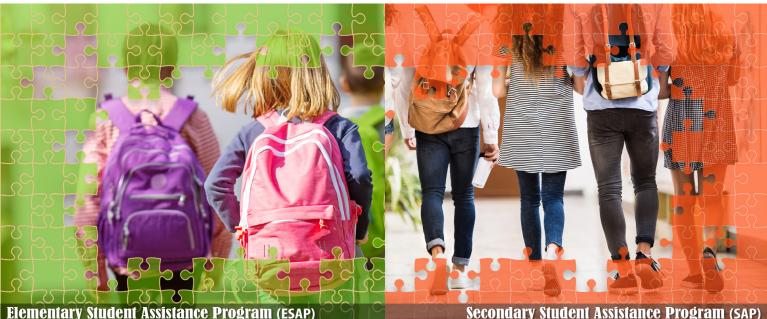
Life Can Be a Puzzle For Students of All Ages K-12



Elementary Student Assistance Program Secondary Student Assistance Program can help put the pieces back together

Students of all ages may find themselves overwhelmed with stress.

If you are or if your child is struggling with:

Anxiety

COVID-19

Arguing with Parents Bullying



- Death of a Friend or Relative
- **Difficulty Sleeping**
- Drugs and/or Alcohol
- Fighting with Boyfriend/Girlfriend
- Loss of Appetite Parent Divorce Problems with Friends Problems in School School Attendance Stress or Depression Sudden Changes in Interests Suicidal Thoughts



Contact your school counselor to help put the pieces back together

Cumberland | Perry MH.IDD . 1615 Ritner Hwy. Carlisle . ccpa.net/mhidd . 1.888.240.0320