



That's why www.thinkagainms.org was developed with the help of teens and college students from Mississippi just like you. You can find information about mental health, suicide prevention, drug and alcohol abuse, and many other topics.

www.thinkagainms.org



think again



With all the changes and pressures, you may sometimes feel like you are in over your head. Between school, friends, and the rest of our busy lives, it may seem like there is a lot going on that no one understands. It's not surprising that you or your friends may feel a little down or overwhelmed from time to time. It's also hard when you feel that way and want to talk to someone, but don't know where to get help.

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