

CT Junior Republic Wellness Center
 550 Goshen Rd Litchfield CT
 860-567-9423

Torrington Area Families for Autism
 (TFA) www.tafainc.org 860-759-3043
 Community Mental Health 860-482-8561
 Connecticut Alliance to End
 to End Sexual Violence (24 Hour):
 1-888-999-5545 - English
 1-888-568-8332 - Español

McCall Center for Behavioral Health
 NWCT Intervention and Treatment
 860-496-2100 www.mccallcenterct.org
 YouTube Mallory Grimste, LCSW
 @Teen Health 101

Mental Health Connecticut
 @GizmosFrens

@idontmind
 @MentalHealthAmerica

Zines for Teens!

Art is by Charles DaCunha from
 Shepaug Valley School in
 Washington, CT.

This zine was made by
 NWCT Chamber of Commerce
 Leadership Program 2022, Group 1

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NWCT ARTS COUNCIL

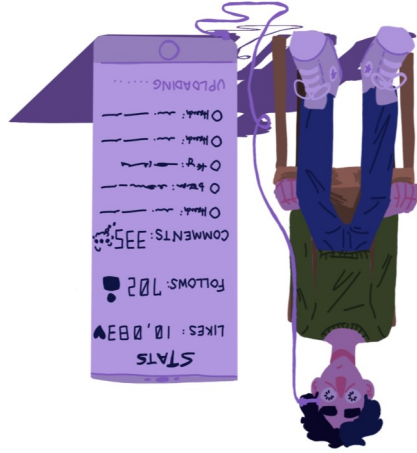
A copy of this zine and additional
 resources can be downloaded at
www.LCOTF.org/zines

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SOCIAL MEDIA IMPACT ON MENTAL HEALTH

Excessive use, negative feeds, and online trolls can
 all be **TOXIC**
 False depictions of normal life create unrealistic
 expectations.



Unhealthy eating can also
 be a result of mental health issues



Bad eating habits can affect your
 psychological state

Ever felt empty inside and alone,
 resulting in loss of interest in your normal activities?
 Characteristics of bad mental health
 can be feeling:

ALONE	SAD
ANXIOUS	NERVOUS

These emotions may indicate that
 you are depressed or suffering from anxiety.

