For many youth in the Black, Indigenous, People of Color (BIPOC) community, the answer is ‘I’m not ok.’

- Disappointing perspectives on current events from friends or family
- Overexposure to hostility in the news and social media
- Generational trauma
- Disproportionate COVID-19 impact
- Civil unrest
- Tough conversations about race

These, and other stressors, can impact mood, sleep cycles, energy and productivity.

For youth exhibiting signs of behavioral health challenges, call the Children’s System of Care at 1-877-652-7624 or introduce them to 2nd Floor, an anonymous youth helpline with trained staff and volunteers at 1-888-222-2228.