

YOU DON'T HAVE TO STRUGGLE ALONE

# KNOW YOUR RIGHTS

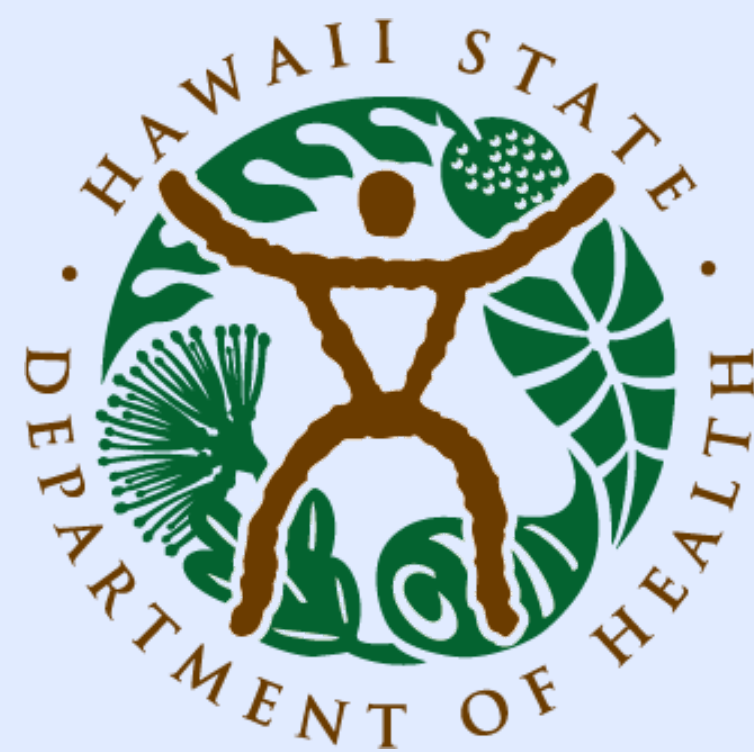
IF YOU ARE 14 OR OLDER AND NEED A SAFE ADULT TO TALK TO, YOU CAN SEE A COUNSELOR/THERAPIST WITHOUT ASKING YOUR PARENT OR GUARDIAN

**THERAPISTS FOLLOW STRICT RULES ABOUT CONFIDENTIALITY TO KEEP YOUR INFORMATION PRIVATE AND YOU SAFE**

TO LEARN MORE: talk to your school counselor, call Hawai'i CARES (O'ahu 832-3100 | 1-800-753-6879) or scan the QR code to be directed to our website

I had no idea I could talk to someone about this! Thank you!

Of course! Tell all of your friends!



Child & Adolescent Mental Health Division

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