



HOMEROOM DIARIES

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High School can be hard.
Let Cuckoo and her friends help.

Feeling bullied?

Cuckoo and her friends in the Freakshow can relate. It's not your fault. No one deserves to be bullied, and there are ways to stop it.

- Don't react to bullies and haters. Showing emotion will only encourage them.
- Tell an adult. Don't be afraid to tell someone you're being bullied.
- If bullies make fun of you for being different, own your difference. Zitsy owns his problem with acne through his nickname, taking away the bullies' power.

For more tips, visit

www.pacerteensagainstbullying.org.



Feeling depressed?

Depression affects more than 19 million people in the United States each year. It can affect people in numerous ways, including

- feeling anxious, like Cuckoo
- withdrawing from family and friends
- thinking about suicide.

However, depression is treatable with medication or counseling, like Cuckoo had with Dr. Marcuse, and most people experience significant improvement.

For more tips, visit

www.jedfoundation.org.



Feeling like you can't go on?

If you are experiencing thoughts of suicide, seek help immediately.

- Call the Suicide Prevention Hotline: 1-800-273-TALK (8255) or call 911
- Ask your school counselor, or doctor for a referral to a mental health professional
- Talk to someone you trust.

Things might be tough right now, but there are people who want to help and listen to you.

Talking through your problem will help, so please seek help.

For more tips, visit www.afsp.org.



Feeling a bit off?

Cuckoo knows the effects of mental illness firsthand after her breakdown and subsequent stint in the mental hospital. Mental illness, a medical condition that disrupts a person's thinking, feeling, and daily functioning, can manifest itself in a variety of ways, including

- anxiety disorders
- depression
- eating disorders

With an individual treatment plan, you can recover and live a normal life.

For more tips, visit www.nami.org.

