

WHEN HOME LIFE IS HARD

it's gonna be OKAY

WHAT IT MEANS

don't give up

Sometimes home doesn't feel like the safe, calm place you wish it could be. Maybe it's stressful, maybe it feels lonely, or maybe it's just tough. Even if other people "have it worse," what you feel is still real and it matters.

Common Struggles

Arguing with Parents

- Fighting over rules or freedom
- Feeling like they don't get what you're going through
- Different cultures or values making things harder



Too Much on Your Plate

- Taking care of siblings, chores, or a job on top of school
- Watching friends have fun while you're stuck working
- Feeling like you never get a break



Not Feeling Accepted

- Family not supporting who you really are
- Having to hide parts of yourself
- Hurtful words or actions that leave you feeling unloved



Big Life Stress

- Money problems, moving a lot, or health struggles at home
- Worrying about adult problems you didn't choose
- Feeling different from your friends because of your situation



Abuse

- Being hurt emotionally or physically by people who should care for you
- Remember: **it's never your fault**
- If you feel unsafe, talk to someone you trust it's a strong, brave step



Your Not Alone

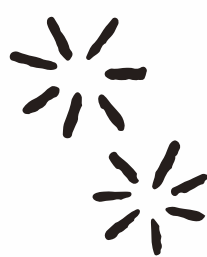
- ★ Almost 1 in 4 teens live with one parent
- ★ Millions help take care of their family members
- ★ Many young people grow up in poverty
- ★ Nearly 3 in 10 LGBTQ+ teens have faced homelessness at some point

COPING

- ★ Talk to someone you trust. Sharing your feelings can help you feel less alone.
- ★ Take care of yourself. Try to eat well, sleep enough, and do things you enjoy, like drawing, reading, or sports.
- ★ Set small goals. Focus on one thing you can do each day to feel a little better or more in control.

If You're Struggling

- ★ Sometimes it's more than you can carry on your own—and that's not weakness.
- ★ Call or text 988 (Suicide & Crisis Lifeline)
Text MHA to 741741 (Crisis Text Line)
- ★ Check out mhascreening.org for quick, private mental health checks "Distributed by My Neighbor's Keeper Alliance Inc; For more information visit Mental Health America mhanational.org"



Designed/
Created by:
Eldena A
7th Grade

mhanational



You
did it

MyNKA

