

RADIO PSA SCRIPTS

:15 Seconds

As a new school year begins, you may be feeling stressed out. It's common to be stressed or lonely, but when it's all the time - it's important to seek help.

Mental Health America has developed tools and resources about the impact of stress and loneliness on students.

Visit www.mentalhealthamerica.net/back-school to learn more.

:30 Seconds

Summer's wrapping up, and many are heading back to school. If the thought of going back to school fills you with dread, you're not alone.

It's normal to feel stressed or lonely sometimes – but when it's all the time, it's important to check in on your mental health.

Chronic stress and loneliness can translate to poor sleep, high blood pressure, and even alcohol and drug use.

Mental Health America has developed tools and resources to help increase your understanding of stress and loneliness.

Don't suffer in silence! Visit www.mentalhealthamerica.net/back-school to learn more.

:60 Seconds

Summer's wrapping up, and many are heading back to school. If the thought of going back to school fills you with dread, you're not alone.

It's normal to feel stressed or lonely sometimes – but when it's all the time, it can impact your school year. Things like getting good grades, preparing for the future, and loneliness all are things that can cause stress.

When your stress starts impacting sleep or when you can't shake that sad feeling – it could be something more serious. Chronic stress and loneliness can translate to poor sleep, high blood pressure, and even alcohol and drug use.

Mental Health America has developed tools and resources to help increase your understanding of stress and loneliness.

Don't suffer in silence! It's important to know the symptoms of mental health issues and seek help. Free, confidential, and anonymous screening tools are available at www.MHAScreening.org.

This school year make smart choices about how to deal with stress and loneliness - and learn why your mental health matters. Learn more at www.mentalhealthamerica.net/back-school.