

**beherd.me**

**BeHerd empowers teens like you to take charge of your mental health by changing the way you connect, share, and are heard by the people you care most about and who care about you.**

**CHECK-IN.** Answer quick, daily prompts to self assess mood. Or use the journal feature to go deeper and express more.

**CONNECT.** Choose who to share check-in updates with and what updates they will receive.

**BE HEARD.** Share your update with your family, friends, or other support systems—your “herd.”

### YOU'RE NOT ALONE...

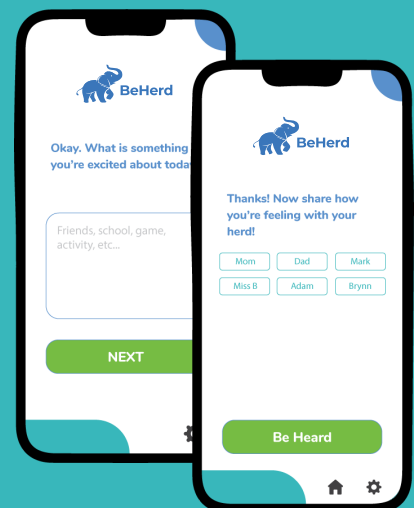
- 60% of U.S. students struggle with depression but are untreated. (American Psychological Association)
- 32% of teens will experience an anxiety disorder. (Mental Health America)
- 13.3% of teens have experienced a major depressive episode in the past year. That's 3.2 million kids. (NAMI)

### HOW BEHERD CAN HELP...

- Journaling and sharing how you feel with others is great for your mental health, whether you're struggling or not.
- Makes it easier to support others who struggle asking for help.

### IN CRISIS OR KNOW SOMEONE WHO IS...

- Get 24/7/365 support. Call or text 988.



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