

YOUTH RESOURCE GUIDE

REAL TALK. REAL HOPE. A BRIGHTER TOMORROW.

*Your story matters.
You are not alone, and
there is hope.*

A BRIGHTER
TOMORROW
IS STILL
AHEAD.



IT'S OKAY TO NOT BE OKAY.
TALK. REACH OUT. **KEEP GOING.**

A PRACTICAL GUIDE
FOR YOUNG PEOPLE NAVIGATING
LIFE'S CHALLENGES, FINDING
SUPPORT, AND DISCOVERING HOPE.



1. YOU MATTER

YOUR LIFE HAS PURPOSE.

- You are more than your struggles.
- Your feelings are real and valid.
- You are valued, loved, and important.
- You have gifts, a story, and a future that still matters.
- The world is a better place because you are in it.
- You don't have to have it all figured out right now.



*You are not a mistake.
You are a unique and
purposeful creation.*
Psalm 139:14



2. IT'S NORMAL TO STRUGGLE

YOU'RE NOT ALONE.

- Everyone faces difficult seasons.
- It's okay to feel sad, anxious, overwhelmed, or confused.
- Mental health struggles do not mean you are weak.
- You can love God and still struggle with your mental health.
- You are not the only one who feels this way.
- Talking about it can help.



*You are not alone.
Others have been there,
and you don't have to
walk through it alone.*
Deuteronomy 31:6



3. TALK ABOUT IT

A CONVERSATION
CAN CHANGE THINGS.

- Be honest about how you're feeling.
- Talk to a parent, trusted adult, friend, pastor, or mentor.
- You don't have to face this alone.
- It's okay to ask for help.
- If you're having thoughts of suicide, be brave and tell someone.
- Keep the conversation going, even when it's hard.



*A simple "I'm not okay"
can open the door
to hope.*
Proverbs 18:24



4. TAKE CARE OF YOURSELF

SMALL STEPS MAKE A DIFFERENCE.

- Get enough sleep.
- Eat nourishing food.
- Move your body (even a short walk).
- Take breaks from social media when needed.
- Do things that bring you joy.
- Be kind to yourself — progress, not perfection.



*Small steps today
can lead to a brighter
tomorrow.*
Matthew 6:34



5. FIND YOUR PEOPLE

YOU BELONG.

- Surround yourself with friends who lift you up.
- Be part of a community where you feel safe and accepted.
- You don't have to do life alone.
- Look for people who listen, encourage, and point you to what is true.
- It's okay to outgrow toxic relationships.
- You are better together.



*You belong.
You are seen.
You are loved.*
1 John 4:9



6. KEEP GOING

THERE IS A BRIGHTER
TOMORROW.

- This season won't last forever.
- Hope is real, even when it feels far away.
- Set small goals and take the next step.
- Keep trusting God, even in the questions.
- Your story is still being written.
- You can overcome, and you can help others one day.



*There is hope beyond
this season.*
Jeremiah 29:11



REAL PEOPLE. REAL STRUGGLES.
REAL HOPE.



HEALTHY MINDS. STRONGER YOUTH.
BRIGHTER TOMORROWS.



YOU ARE NOT ALONE.
THERE IS HOPE.