

A young woman with dark hair is shown in profile, looking upwards and to the right. The background is a soft, out-of-focus bokeh of various colors, including teal, blue, and pink. The overall mood is hopeful and contemplative.

YOUR MIND. YOUR LIFE.

Don't take your mental health for granted. If you're struggling with your feelings, behaviors or experiences, help is closer than you think. To learn more about school-based mental health services, talk to a teacher, staff member or counselor at your school, or send us a text or email at discover@pacounseling.com.

PENNSYLVANIA COUNSELING SERVICES // WWW.PACOUNSELING.COM