

Last year, several people close to me passed away, including my 17 year old cousin.

After he died I wasn't the same.

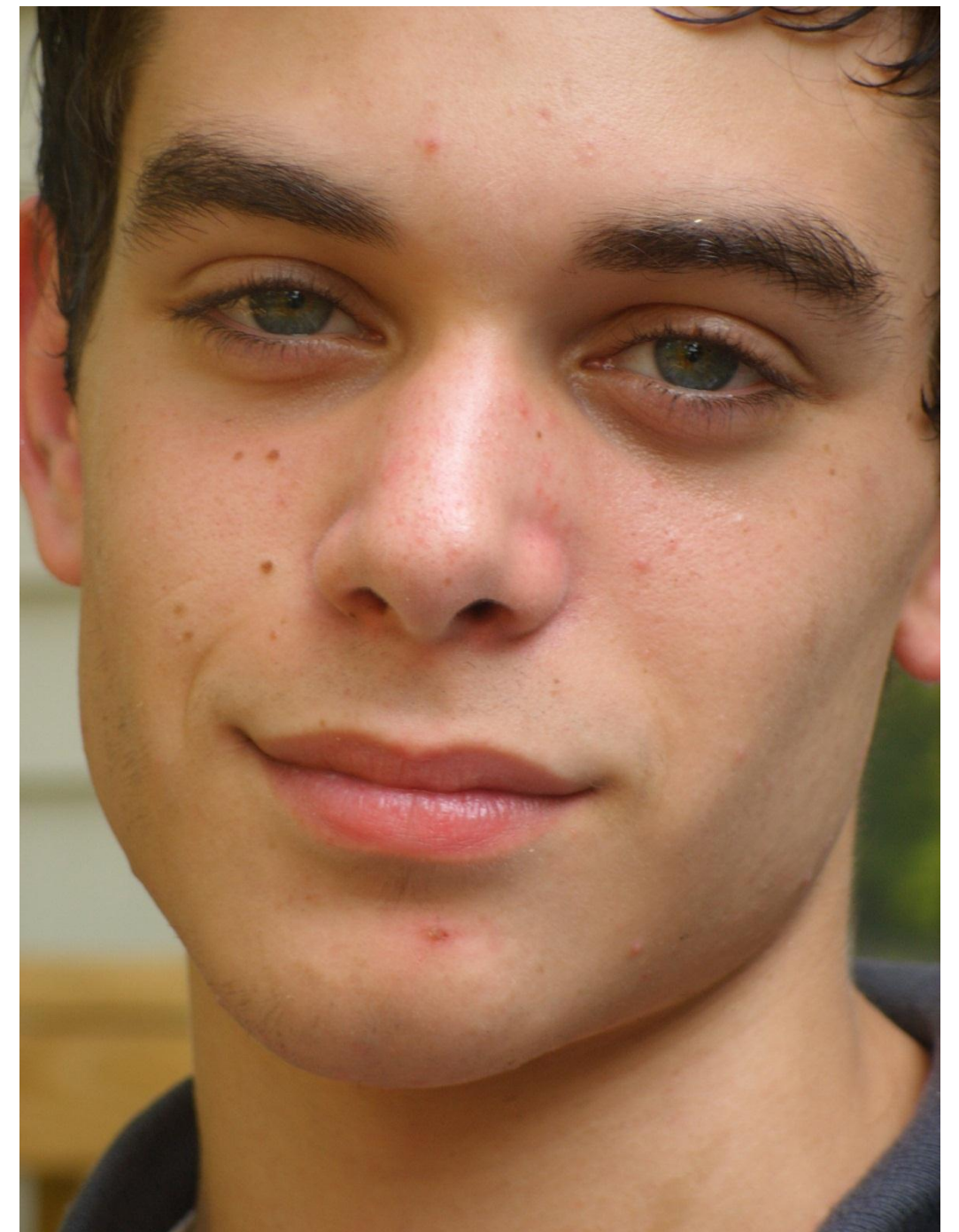
I was very stressed and experienced headaches every day.

I went to the School Based Health Center and they were very sympathetic towards my struggle. The Nurse Practitioner provided treatment for my constant headaches.

I started seeing the Social Worker to learn how to manage my headaches and stress.

Without the SBHC I don't know where I would be.

I no longer have daily headaches, and when I need help with a personal issue, or just someone to talk to, I know I can always stop by the SBHC.



My health has improved so much because of the SBHC and I can say that my life would not have been the same without it. 🍏