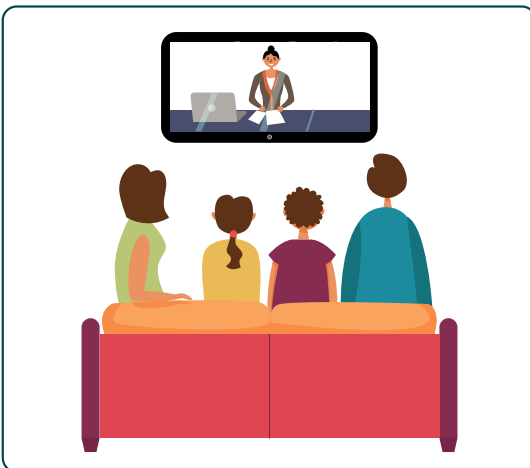




Challenging situations may make me feel sad, angry, scared, or confused.



Current events happening in the world may make people feel big feelings. I might feel sad, stressed, or anxious, or upset.



It is okay and completely normal to feel any or all of these emotions.



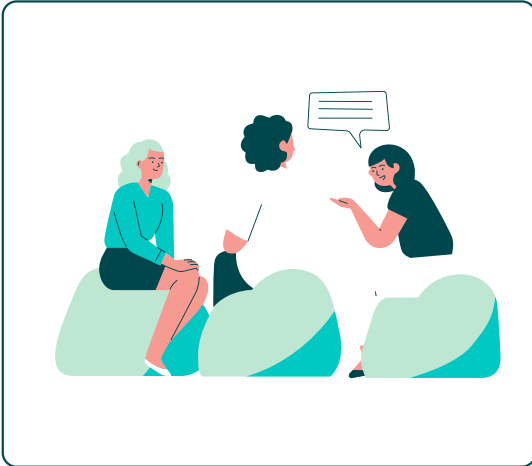
Sometimes when people have many big feelings, it can be hard to do ordinary things like getting out of bed, going to school or work, or being in my community.



If I feel upset, or if I have questions, I can ask someone I trust for help.



Talking to a parent, friend, therapist, teacher or someone I trust might make me feel better.



There are support groups where I can talk about my feelings with other people who are also upset or have the same feelings.



I can ask for help finding a support group in person or online.



Sometimes, when people feel very sad, stressed, angry, or anxious for a long time, they need help to feel better.

Dealing with Feelings of Anxiety and Depression



If I ever feel so upset that I have feelings or thoughts about hurting myself or hurting others, I need to tell someone I trust so they can help me feel better.

For additional information, resources and support, please contact our [National Helpline](https://www.autism-society.org/national-helpline) at [800-3-AUTISM](tel:8003AUTISM) or info@autism-society.org.

Please note the National Helpline is not a crisis line.

If you or your loved one is experiencing thoughts of suicide or a mental health emergency, please contact the Suicide Prevention Lifeline by phone at [1-800-273-TALK](tel:1800273TALK) or online at [Lifeline Chat](https://www.lifelinechat.com), or connect to emergency community services by calling 211.