



HELP SOUTH DAKOTA YOUTH ACCESS

# Trusted Health & Wellness Resources

## What is Cōr Health + Wellbeing?

Cōr Health + Wellbeing is a South Dakota-based initiative dedicated to providing youth, young adults, and parents with reliable, evidence-based health and wellness information. Our content focuses on mental health, physical health, and healthy relationships, helping young people make informed decisions about their well-being.

## Why Share Cōr?

Young people often turn to social media and online sources for answers about stress, mental health, relationships, and physical well-being. Cōr Health + Wellbeing offers accessible, judgment-free content that covers essential topics such as:

- ✓ **Mental Health:** Managing stress, coping strategies, and recognizing signs of depression or anxiety.
- ✓ **Healthy Relationships:** Boundaries, communication, and consent.
- ✓ **Physical Health:** Nutrition, exercise, reproductive health, and overall well-being.

## How You Can Help

- ✓ **Follow & Share:** Help us reach more youth by following and engaging with our Facebook & Instagram pages.
- ✓ **Use Our Content:** Share Cōr's posts directly with youth, parents, or educators.
- ✓ **Encourage Conversations:** Recommend Cōr as a trusted resource for young people looking for fact-based, non-judgmental health information.



### Get Connected

Find us on social media:  
@CORHealthSD



## Is your relationship healthy?

Let's explore what makes a relationship healthy and what to look out for.



### How to use 988:

- > Call or text **988 anytime** you need to talk.
- > **Reach out** for yourself or a friend—support is just a call or text away.
- > It's okay to ask for help. **You matter.**

**988**  
SUICIDE & CRISIS  
LIFELINE

## Fuel Your Body, Feel Your Best!

Stay active and eat right to boost your energy, mood, and health.

EAT HEALTHY

EXERCISE DAILY



QUESTIONS? Email [DOHMCHBG@state.sd.us](mailto:DOHMCHBG@state.sd.us)

