



HELP SOUTH DAKOTA YOUTH ACCESS

Trusted Health & Wellness Resources

What is Cör Health + Wellbeing?

Cör 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 Cör?

Young people often turn to social media and online sources for answers about stress, mental health, relationships, and physical well-being. Cör 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 Cör's posts directly with youth, parents, or educators.
- ✓ **Encourage Conversations:** Recommend Cör as a trusted resource for young people looking for fact-based, non-judgmental health information.



Get Connected

Find us on social media:
@CORHealthSD



Processing Your Feelings



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.



EXERCISE DAILY

