



FEELING BURNT OUT?

FREE 1 on 1 support

- Stress & time management
- Goal setting
- Burn out
- Vaping
- Feeling overwhelmed
- Lack of motivation
- Negative self-image
- Substance use or addiction
- Sadness or grief

THE PROCESS

1

INTRO CALL
WITH A P2L
MENTOR

2

COMPLETE
DIGITAL
PAPERWORK

3

CONNECT WITH A
MENTOR AT
SCHOOL FOR 4-6
SESSIONS

Scan here to sign
up for confidential
support



Pathways2Life

Rethinking Prevention