You are doing wonderful. Your value and worth do not revolve around school or work, they come from you simply existing.

Text "COLLEGE" to 65664

...to get regular reminders about how awesome you are from Native college students and people who have been there and care about what you're going through.
This intervention was developed in part under a grant number SM082106 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.