



Learn To Navigate The System

Know Your Rights: Learn to Navigate the System

Stay Healthy by Getting Access to Healthcare

- You deserve quality treatment. Expect it!
- Locate free clinics and understand the rules of confidentiality.
- Learn how to access (get) free or low-cost healthcare/insurance.
- See your doctor regularly, one you trust and treats you with respect.
- Be your "Brother's Keeper!" Take a loved one to the doctor.

Register and Vote, So Your Voice is Heard

- You paid your dues, now, know/learn your rights!
- Know and use your community resources to get back on track.
- If you have completed your sentence, take the steps to register or restore your right to vote.
- Everyone should vote. Have Proper ID, but don't be intimidated... Courageous men and women died for your right to vote!

Keep Your Education on Track by Getting Back Into School

- "Get paid" by earning your diploma and securing a good job!
- Without a quality education, you're limiting your options to get paid!
- Ask your Adult Ally/Advisor to help you develop your education/life plan and explore options and resources in your city/county.

Connect with Trusted Providers Who Can Help You Take Care if Your Mental Health

- Mental wellness is essential to thriving – don't let anyone tell you it's NOT normal.
- We're living in times with high levels of stress & trauma. When our problems don't get better on their own, take advantage of mental health support to stabilize and heal.
- Be aware of the programs and services that provide mental wellness—and access them if you, family and/or friends are struggling.
- Search for wellness resources or find a support group that fits your situation ... your Adult Ally can help you.
- Use a behavioral health provider that openly welcomes people from the community - and treats them right!

Follow P4L to Learn More on How to Navigate the System and Systemic Racism, Too!



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Connect 4 Support...

