



Hi, I'm Nicole!

When I was a junior in high school I experienced my first panic attack. Meeting with my high school guidance counselor changed everything. She listened, supported me, and helped me feel less alone. She is my hero.

In May 2025, I graduated from The Catholic University of America with my bachelor degree in Psychology, and I am currently pursuing my masters degree through Marquette University in Mental Health Counseling.

I created C.A.L.M. to help students understand their feelings and to make sure no child ever feels alone the way I once did.

You don't have to manage stress or anxiety alone.

Reach out to:

- A school counselor or social worker
- A trusted teacher, coach or school counselor
- A parent or guardian
- A mental health professional

Local Support:

- Louisa County Community Service Board (CSB)
- Community behavioral health services

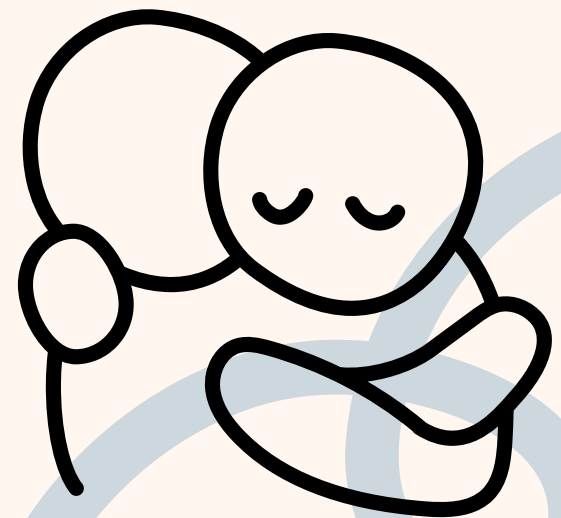
Crisis Support (24/7):

- If you are in immediate danger, call **911**
- 988 Suicide & Crisis Lifeline
Call or text 988

You Are Not Alone

You're Not Weak for Feeling This Way

Mental health tools for students.



Understanding Emotions

- Everyone experiences emotions
- Emotions can change quickly
- Emotions aren't good or bad- they're part of being human
- Emotions provide information about our needs and stress levels

You're not dramatic - you're human.



When Stress or Anxiety Show up

You might experience:

- Overthinking or racing thoughts
- Tight chest or fast heartbeat
- Trouble sleeping or concentrating
- Feeling overwhelmed, irritable, or shut down

C.A.L.M.

C- Challenge Thoughts

Ask: "Is this thought a fact, or is it fear?"

A- Accept Emotions

You don't have to fight your feelings to work through them.

L- Listen to Patterns

When does this show up most?

M- Manage

Pause. Breathe. Reset.
OR
Talk to someone you trust.