

**CALL**

**TEXT**

**988**

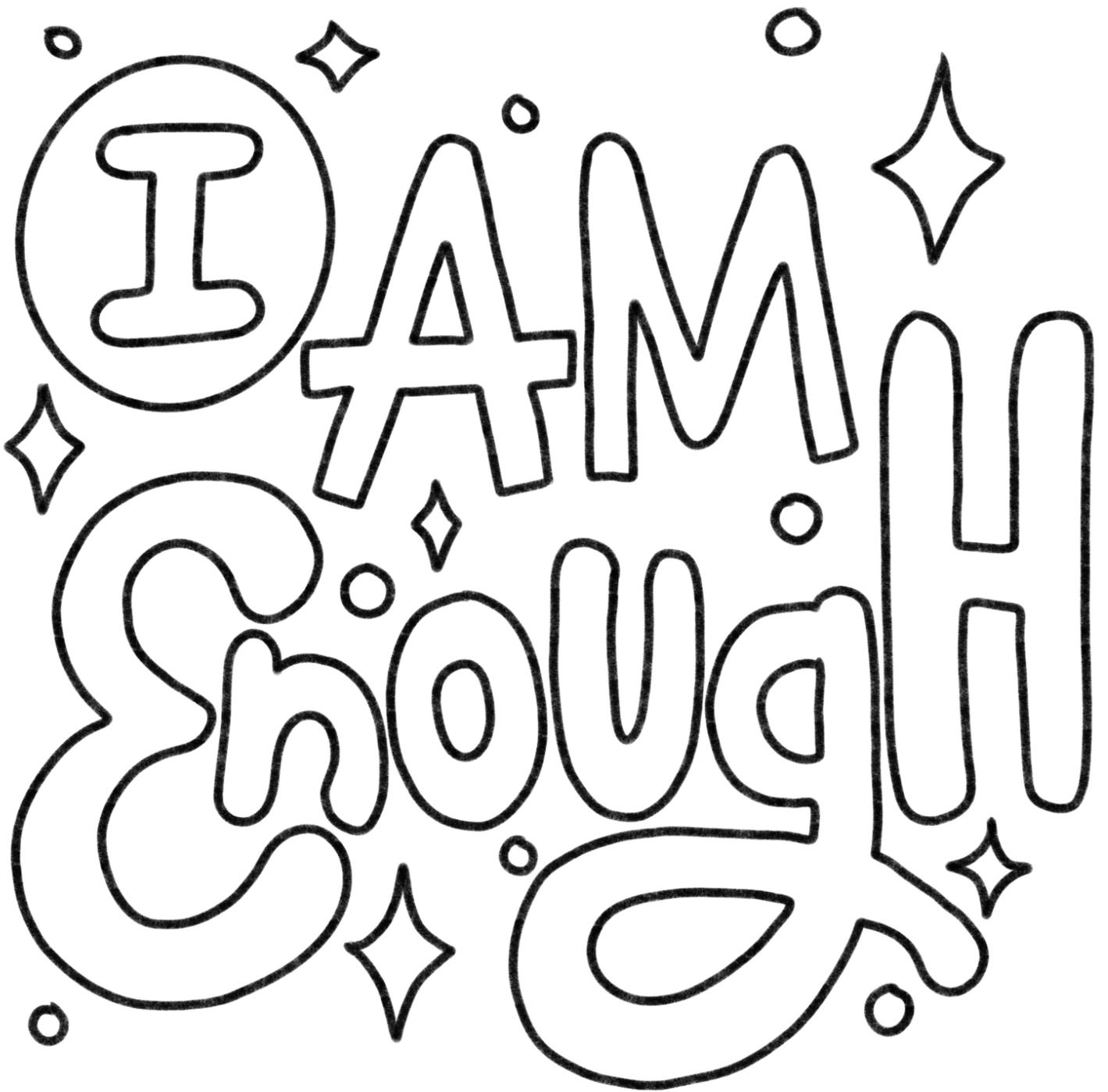
**CHAT**



my story  
is still growing



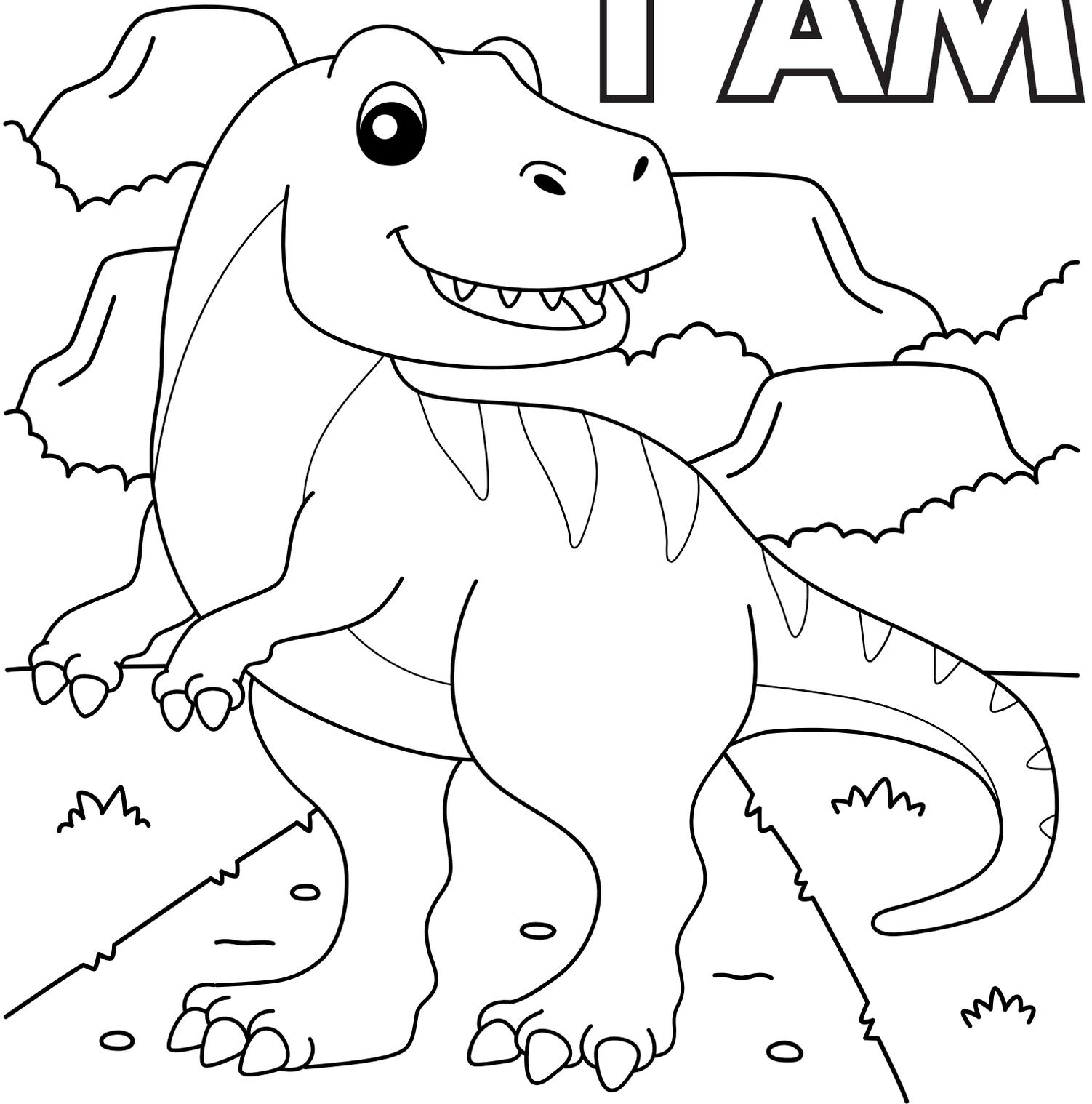
I AM  
Enough!



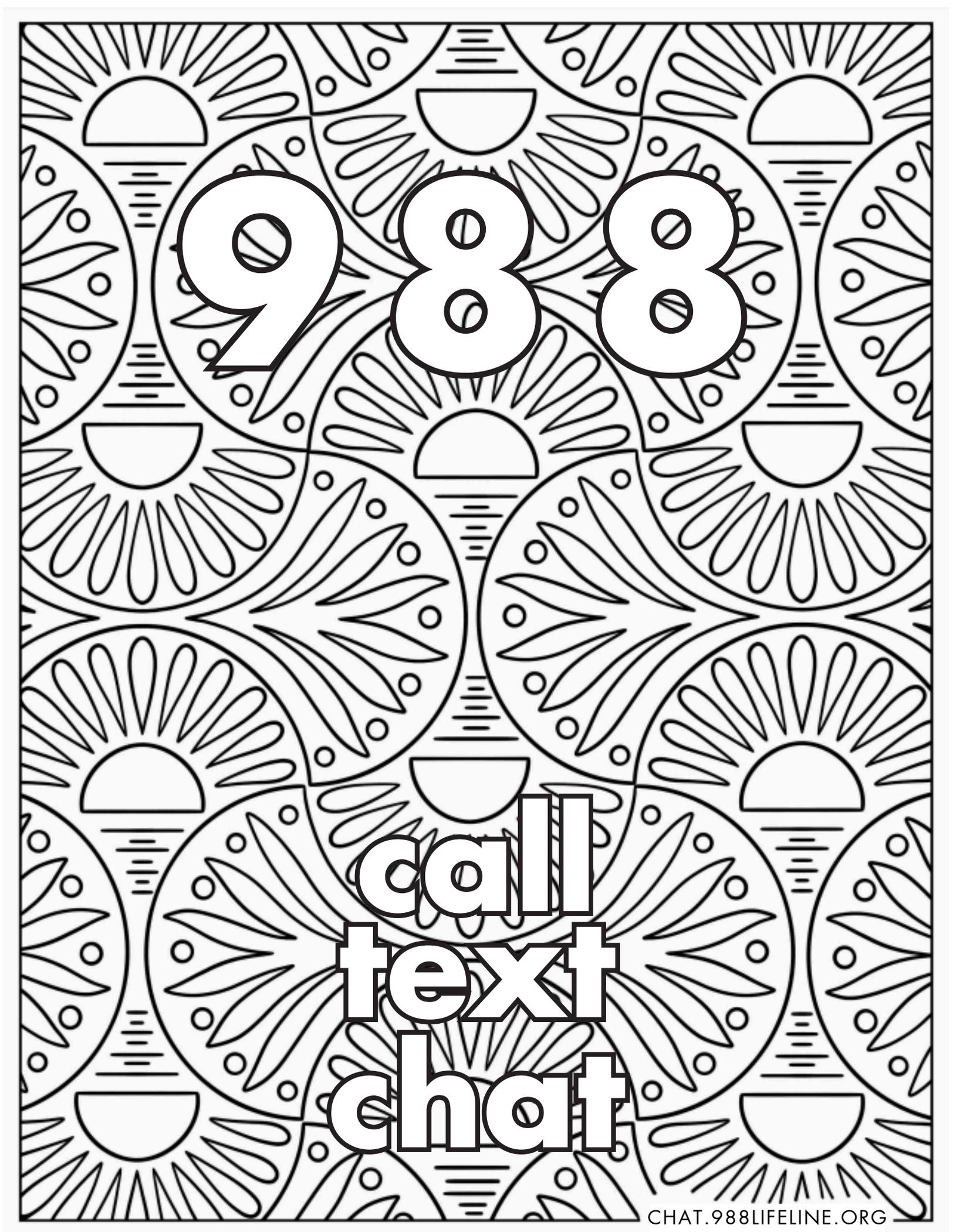
IT'S OK  
TO HAVE  
BAD DAYS



I AM



KIND



988

call  
text  
chat

THERE IS  
hope!

Mental  
HEALTH  
Matters