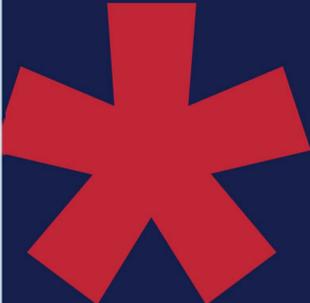




**I'M
HANGING
IN THERE ***

*** IF I ASK FOR HELP, PEOPLE
WILL THINK I'M WEAK.**



**WE ALL HIDE HOW
WE FEEL SOMETIMES.**

**It can help to talk—
whatever you're dealing with...**

- Anxiety
- Loneliness
- Thoughts of suicide
- Relationship problems
- Depression
- Literally anything

CALL, TEXT OR CHAT 988

for free, confidential support—anytime.



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