

Do you sometimes feel all alone? Like everything has suddenly become too much for you to handle? You're not alone... reach out today. You are worth it!

Suicide Prevention Hotline: Text or call 988 www.suicidepreventionlifeline.org Get Help and Speak Up!

Hotline: Text or cal	Hotline: Text or cal	Hotline: text or call								
	988	988	988	988	988	988	988	988	988	988
call	call	all	all	äll	all	äll	äll	all	all	äll