



Tell someone.



Take a full
breath.



Share your
story.



Ask for help.



Visualize
what you
want in life.



Make time for
yourself.



**Find fresh air,
everyday.**



**Plan
something
you love to
do every
Monday.**



**Breathe
when you feel
overwhelmed.**



**Hug someone
you love.
Human touch
goes a long
way.**



You matter.



**Progress, not
perfection.**



Mental illness
affects people
from all
backgrounds.



Don't be
afraid to seek
guidance.



Have strength
and courage.



Take care of
yourself.



Everyone
has a story.
Share yours.



It's ok to ask
for help.



Write a brave
new ending.



Everyone
deserves love
and attention.



You matter.



Progress, not
perfection.



Write a brave
new ending.



Everyone
deserves love
and attention.



**Have strength
and courage.**



**Take care of
yourself.**



**Everyone has
a story.
Share yours.**



**It's ok to ask
for help.**



**Share your
story.**



**You are NOT
alone.**