



FOR THOSE STRUGGLING...

It is okay to share your feelings. Below is a list of some potential messages you can copy to share with someone you trust.

When you get a chance can you contact me? I have been really struggling lately and would like someone to talk to.

This is really hard for me to say but I'm having painful thoughts and it might help to talk. Are you free?

I am having a hard time and I don't want to keep feeling like this. Talking with you may help me feel safe. Are you free to talk?

YOU ARE NEVER ALONE.

If you would prefer to speak anonymously, the **988** hotline is open 24/7/365.