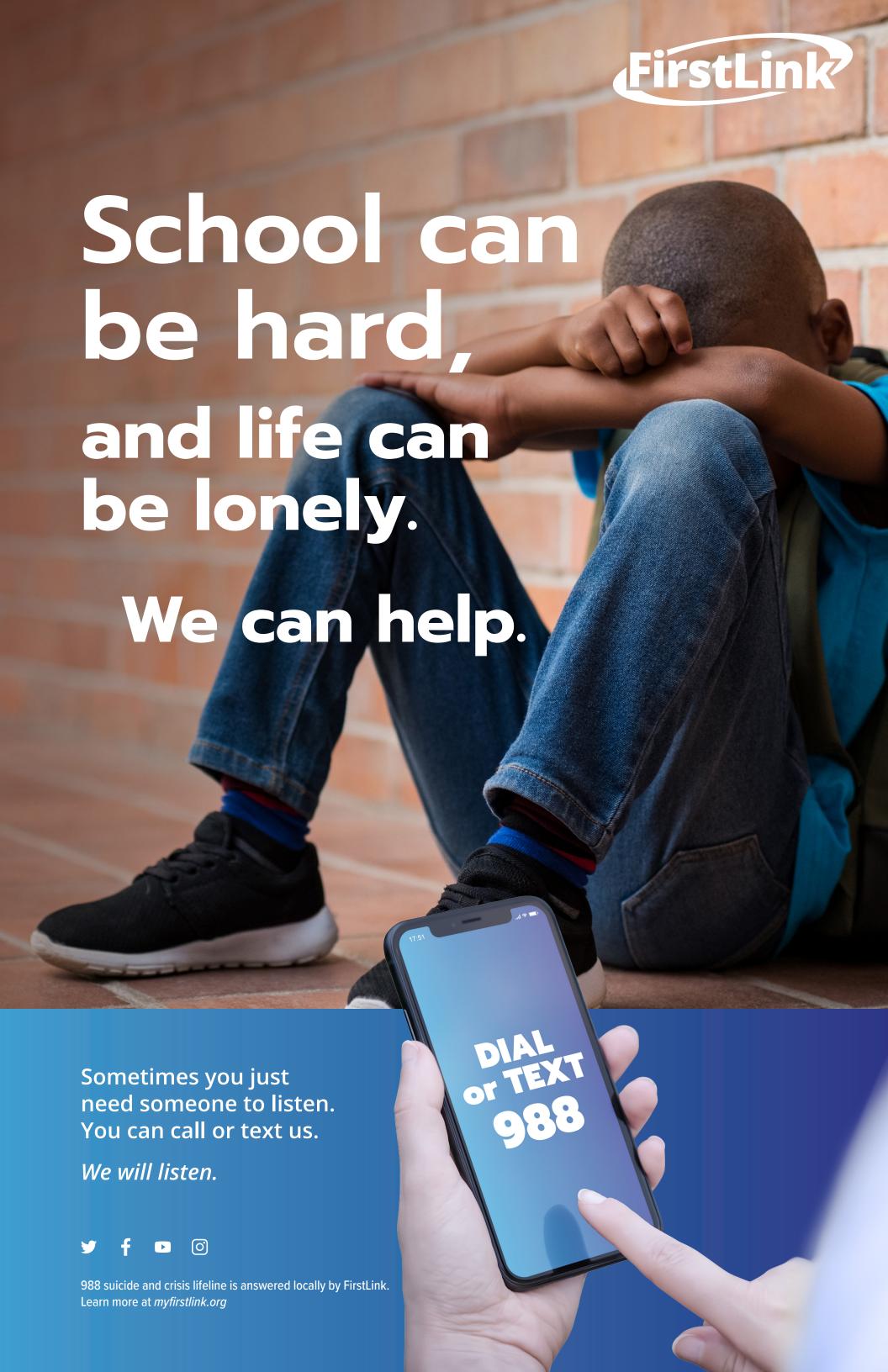


### School can be hard and life can be lonely.

You have friends and family, but sometimes talking to them is difficult. We are here to help you through the tough things.

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## Recovery is possible.

#### You are not alone.

Sometimes it's difficult to talk to friends and family when you are struggling. We are here to help you through the tough times.

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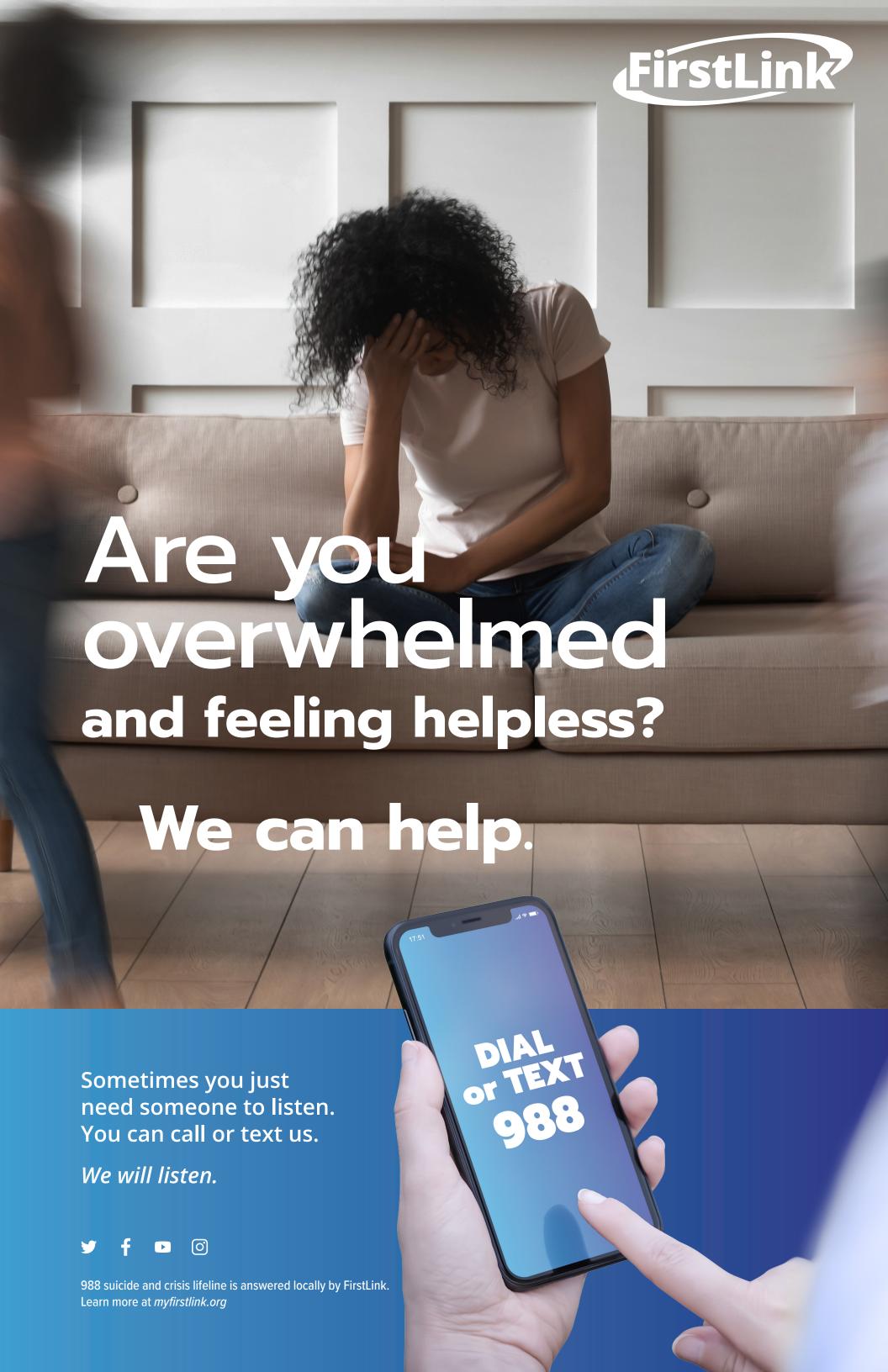


### Are you impacted by addition? You are not alone.

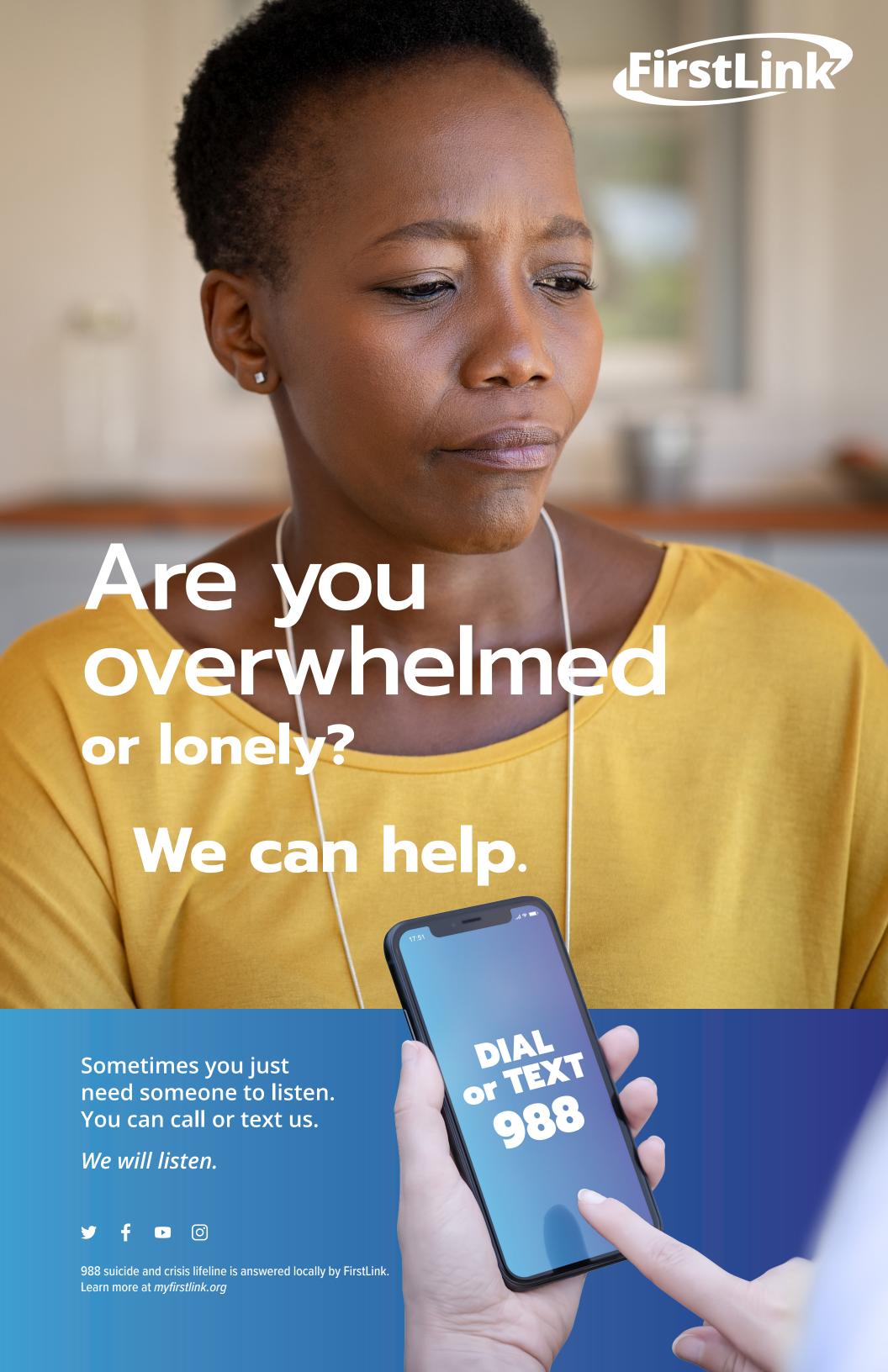
Sometimes it's difficult to talk to friends and family when you are struggling. We are here to help you through the tough times.

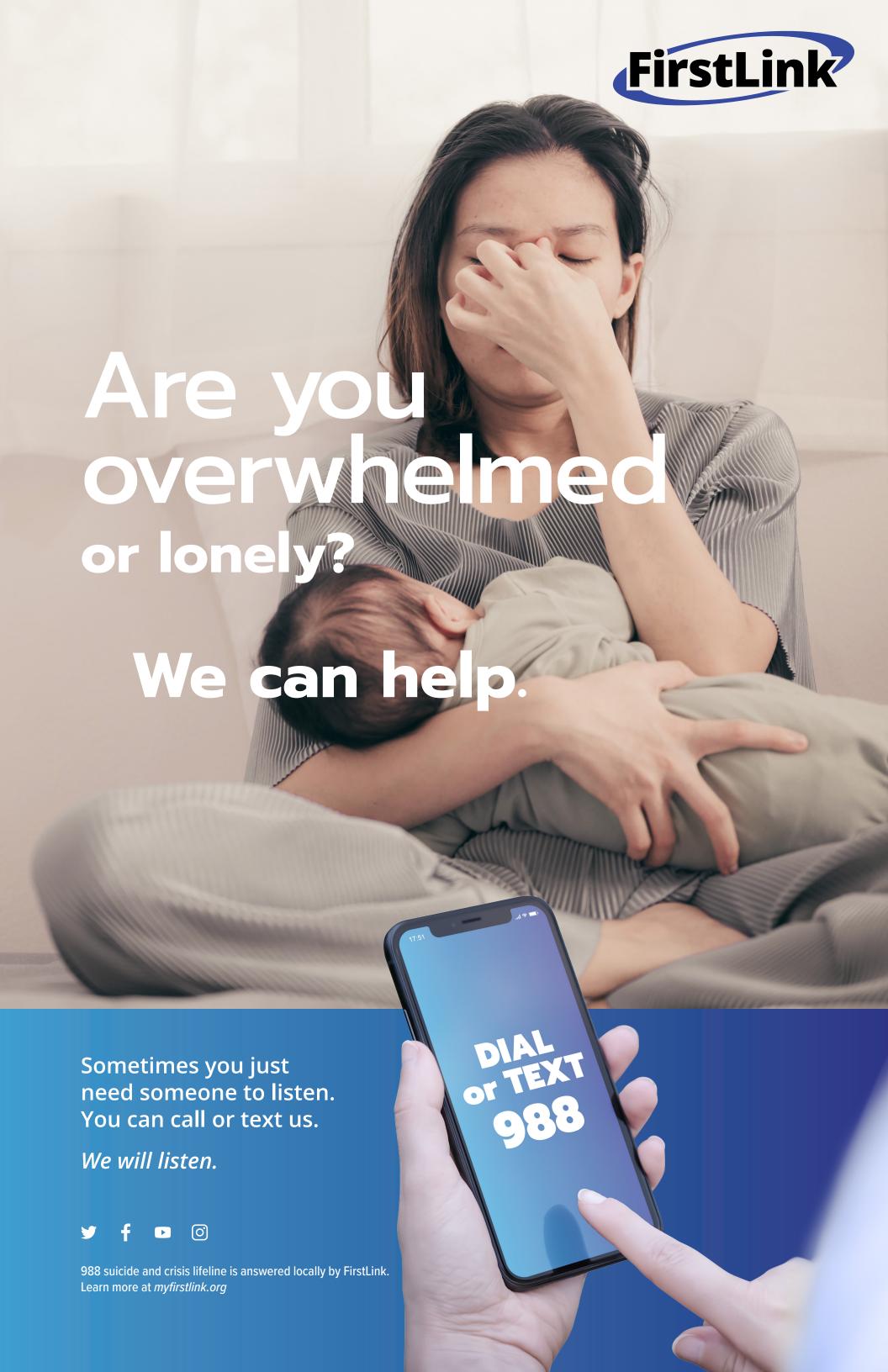
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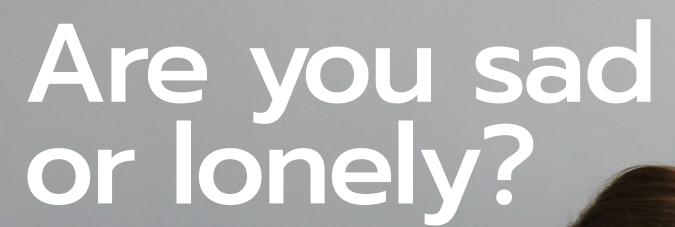












You are not alone.

We can help

Sometimes you just need someone to listen. You can call or text us.

We will listen.









988 suicide and crisis lifeline is answered locally by FirstLink. Learn more at *myfirstlink.org* 





# Are you sad or lonely?

You are not alone.



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