



# 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.



988 suicide and crisis lifeline is answered locally by FirstLink.  
Learn more at [myfirstlink.org](https://myfirstlink.org)



A young person with short dark hair is sitting on a brick wall, leaning back with their head buried in their arms, appearing to be in distress or crying. They are wearing blue jeans and black sneakers with blue socks. The background is a brick wall.

**School can  
be hard,  
and life can  
be lonely.**

**We can help.**

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

*We will listen.*



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Are you  
hungry, lonely,  
or sad?  
We can help.

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*We will listen.*



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Recovery  
is possible.  
You are  
not alone.



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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 addiction? 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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A person with dark, curly hair is sitting on a light brown tufted couch. They are wearing a white t-shirt and blue jeans. Their head is buried in their hands, and they appear to be crying or in deep distress. The background is a modern interior with a white wall featuring several square recessed light fixtures. The floor is made of light-colored wood planks.

Are you  
overwhelmed  
and feeling helpless?

We can help.

Sometimes you just  
need someone to listen.  
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*We will listen.*



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# Are you hungry, lonely, or sad?

## We can help.



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need someone to listen.  
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A woman with long dark hair is sitting on a couch, holding a baby in her arms. She has her hand over her face, covering her eyes, and appears to be crying. The background is a soft, out-of-focus indoor setting.

# Are you overwhelmed or lonely?

## We can help.

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need someone to listen.  
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# Are you sad or lonely?

## You are not alone.

## We can help.

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


*We will listen.*



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A firefighter in a dark uniform with reflective stripes is shown from the chest up, looking down at a handheld radio. A fire helmet is visible in the foreground. The background is dimly lit with blue and orange light.

**Are you  
overwhelmed?  
Feeling helpless?**

**We can help.**

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**Are you sad  
or lonely?  
You are not alone.**



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# Are you overwhelmed or having thoughts of suicide?

## We can help.

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

*We will listen.*



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