

A photograph of two men wearing blue caps. The man on the left is younger, with short brown hair, wearing a brown jacket over a green polo shirt. He is smiling and looking towards the man on the right. The man on the right is older, with white hair, wearing a green and white plaid shirt. He is looking back at the younger man. The background is a bright, outdoor setting.

SHARE WHAT'S ON YOUR MIND.

Sharing one
worry can
lower stress
and take
weight off
your shoulders.

REACH
OUT

FEEL
BETTER

CALL OR TEXT 988.

This mental health message is brought to you by:

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