

A woman with her hair in a bun, wearing a plaid shirt over a white t-shirt and jeans, is watering plants in a garden. She is holding a yellow watering can and is looking down at the plants. The background shows a sunset over a field.

**TAKE
TIME
FOR
YOURSELF.**

Take a moment
this week where
you come first.

**REACH
OUT**

**FEEL
BETTER**

CALL OR TEXT 988.

This mental health message is brought to you by:

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