

YOU ARE LOVED



Life can be so hard sometimes, without even knowing why! If you are having a hard time, just remember how loved you are, how important you are, and that things will always get better! **If you need someone to talk to, you can always contact me!**

Name: _____

How to reach me: _____

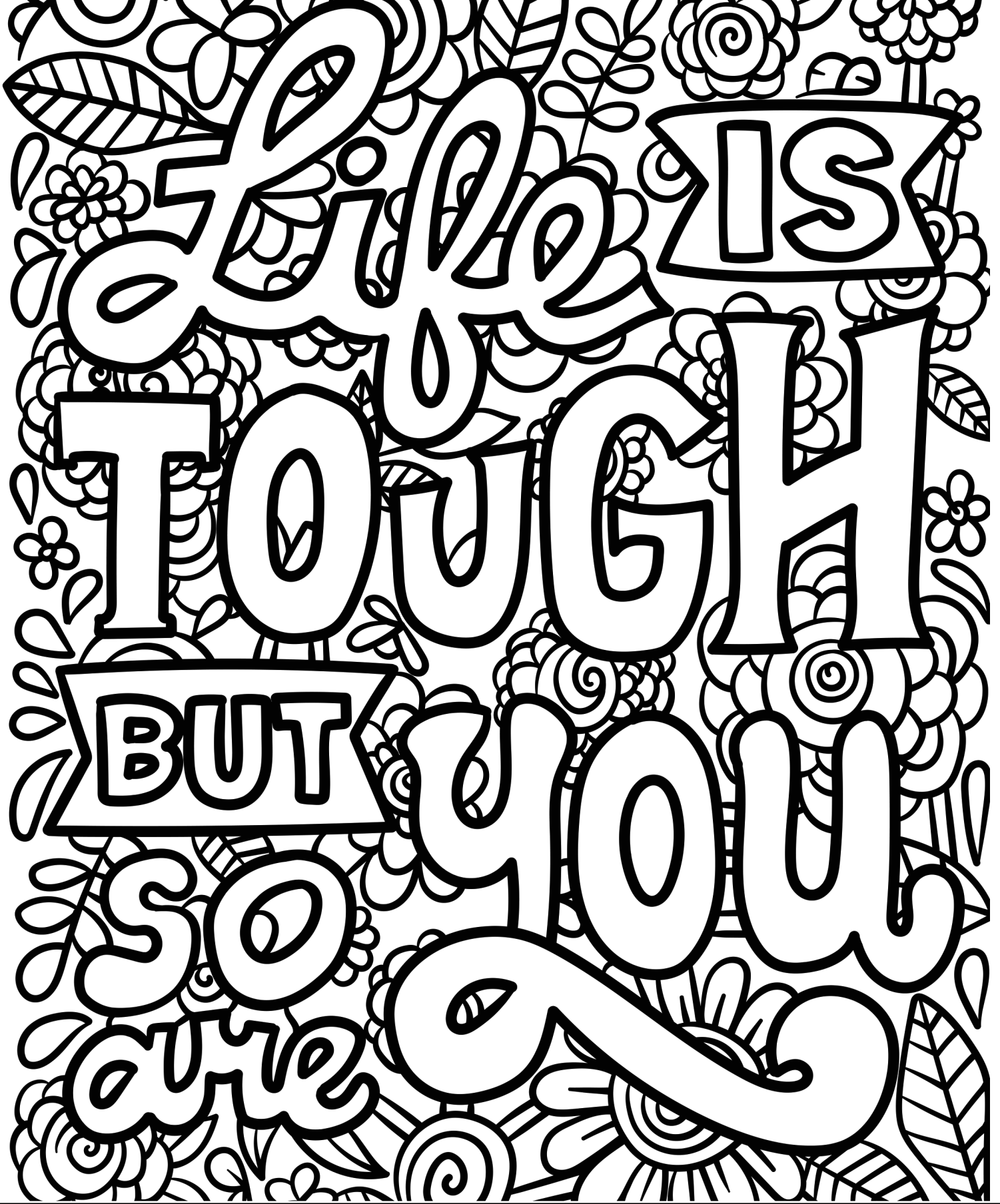
If you can't reach me or anyone else you know and you are feeling very bad, having thoughts of hurting yourself or don't know who to turn to, please text or call 988 for help.



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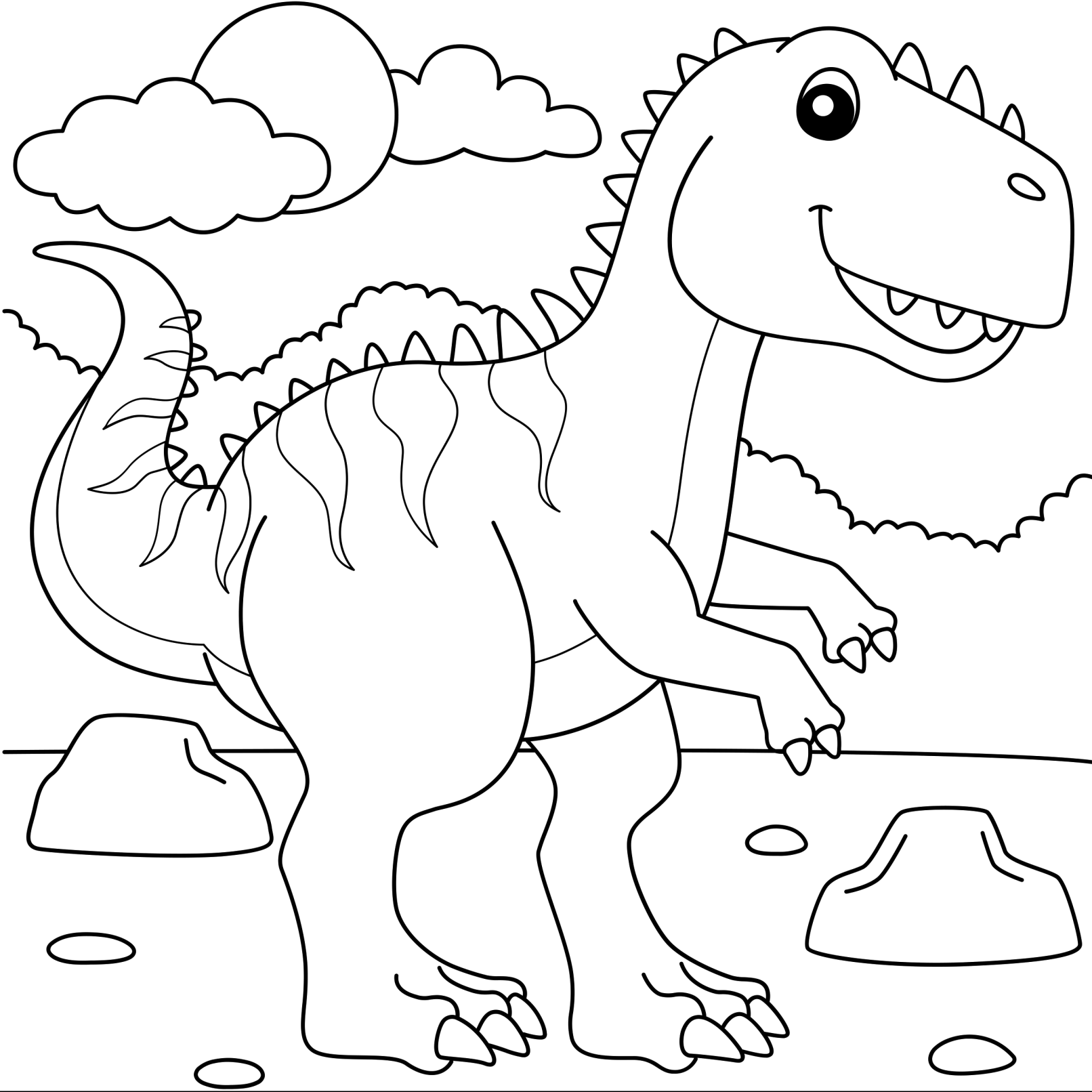
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YOU ARE DINO-MITE!



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BE THE MAGIC



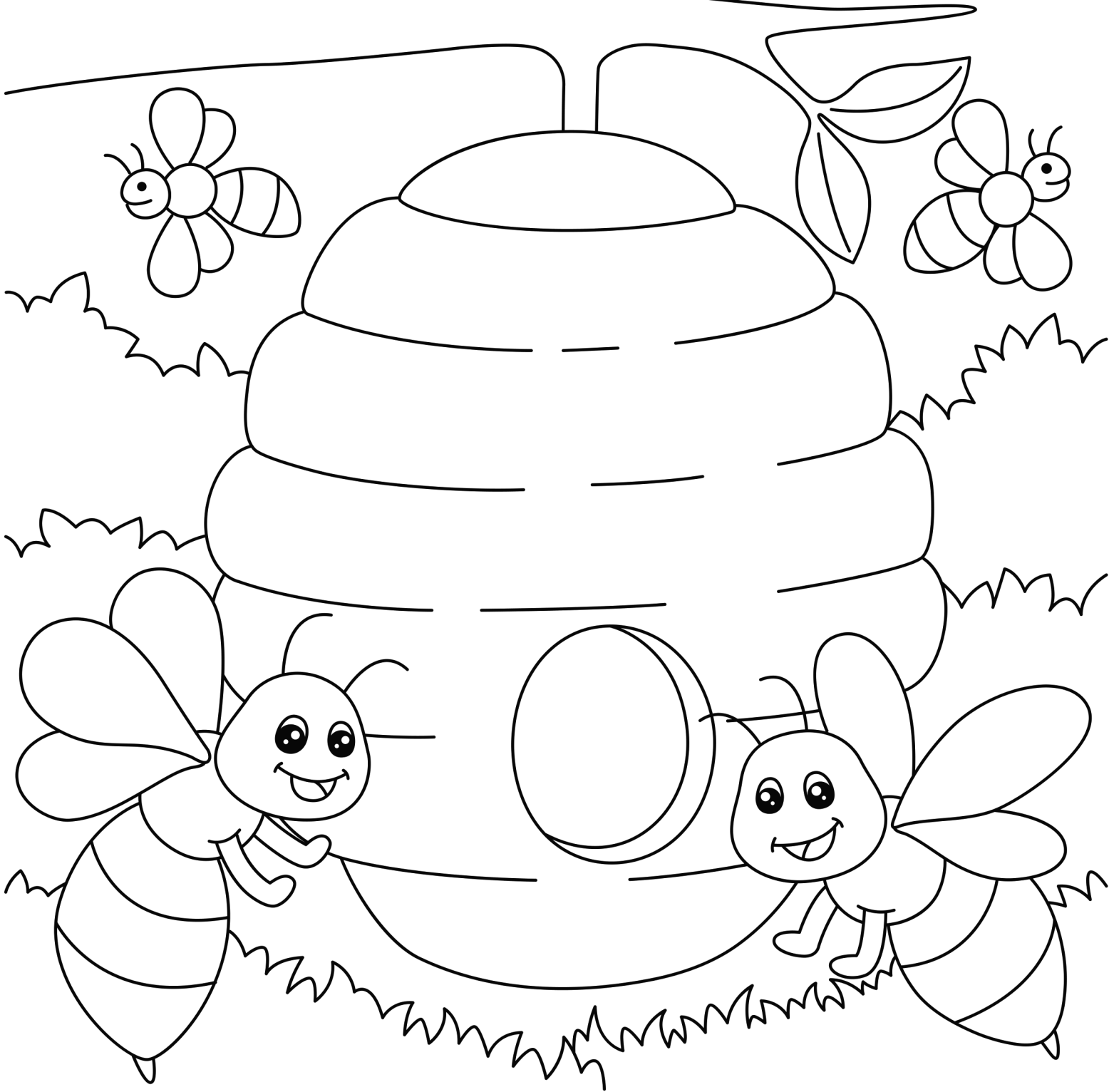
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IT'S ALL GOING TO "BEE" OK!



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YOU TOTALLY ROCK!



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TAKE CARE OF YOURSELF

FEELIN' DOWN? TRY THESE THINGS TO GET YOURSELF OUT OF IT!



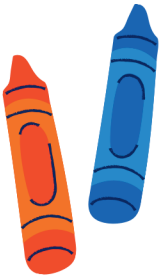
PUT AWAY THE ELECTRONICS

GET SOME FRESH AIR



TALK TO SOMEONE YOU LOVE

GET CREATIVE! COLOR, DRAW,
WRITE, MAKE SOMETHING!



LISTEN TO SOME MUSIC!

DANCE IT OUT!

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**IT'S OK TO
FEEL HOW
YOU FEEL.**

**BUT DON'T FORGET THAT YOU'RE NEVER ALONE. IF YOU NEED HELP AND
DON'T KNOW WHERE ELSE TO GO, CALL OR TEXT 988 FOR IMMEDIATE HELP**

988