

ENCOURAGEMENT

You do not have to have everything figured
out today.
One step at a time is still progress.

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Your feelings are worth listening to.
Give yourself the same kindness you give to
others.

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You are more than your hardest day.
There is room for growth, hope, and better
days ahead.

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Asking for help is a sign of courage—not
weakness.
You deserve support.

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Check in with yourself.
Rest. Breathe. Talk. Reach out. You matter.

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You never know how much a small act of kindness can mean.
Be the person who makes someone feel seen.

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MENTAL HEALTH RESOURCE

Need someone to talk to?
Call or text 988 for free, confidential support, 24/7.
988lifeline.org

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MENTAL HEALTH RESOURCE

NAMI Teen & Young Adult HelpLine
Text FRIEND to 62640 or call 1-800-950-6264.
Free peer support & mental health information.

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MENTAL HEALTH RESOURCE

Crisis Text Line
Text HOME to 741741 for free, confidential, 24/7 text support in the U.S.

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MENTAL HEALTH RESOURCE

Start with someone you trust.
A parent/guardian, counselor, teacher, coach, nurse,
or another trusted adult can help you find support.
You don't have to figure it out alone.

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