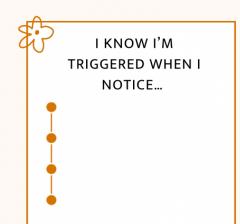


TEXT 988 TO REACH THE SUICIDE & CRISIS LIFELINE



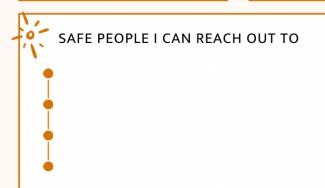
SOME GOOD WAYS TO DISTRACT MYSELF ARE















OTHER RESOURCES I CAN USE
TO GET MYSELF CARE.

2-1 BREATHING

- BREATHE IN FOR 3
 EXHALE FOR 6
- BREATHE IN FOR 4
 EXHALE FOR 8
- BREATHE IN FOR 5
 EXHALE FOR 10
- BREATHE IN FOR 6
 EXHALE FOR 12



ROSE BROWN