



Stressed...
Exhausted...
Lonely...
Broken...
Unworthy...
Invisible ?

Want to sort through these feelings today?



scan here

Remember, if you experience feelings that lead to thoughts of killing yourself or hurting others, **call 911 immediately**. If you experience feelings that lead to physical symptoms like shortness of breath, heart racing, or other physical symptoms that cause you discomfort, **you may want to call 911 or visit your doctor**. For more information for your own feelings or those of a friend, please call 988.