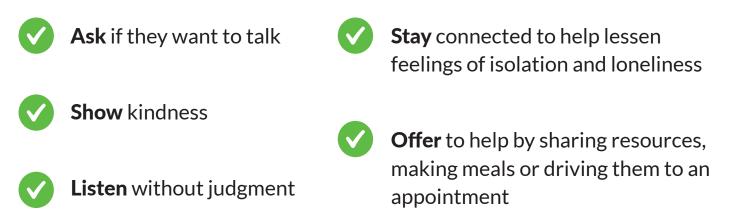


Help end stigma when someone opens up to you about their mental health:



988 is available to help 24/7

Call or text 988 or visit 988 lifeline.org if you or someone you know is in a mental health crisis or needs immediate help or support.

