

Courageous Connection



Asking for help is brave. It's about connecting and finding strength in shared support. You're never alone...

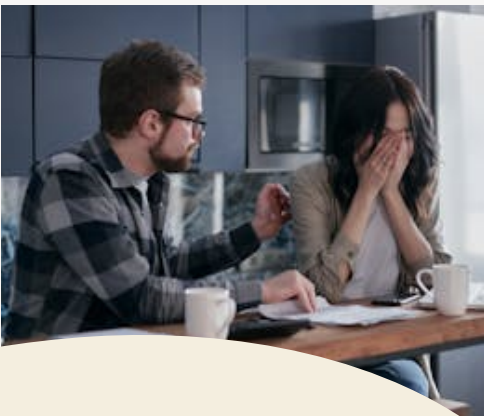


Save 988

A lifeline is just three digits away. Save 988 in your phone now for easy access during tough times.

Reach Out

Be the first to connect. Send a supportive text or make a call. Small gestures can make a big difference.



Listen Validly

Practice active listening and acknowledge feelings. Words of support are powerful: "That sounds hard."



Anchor Yourself

Build resilience through daily gratitude, evening walks, or journaling wins. Find what grounds you.



Share The Load

Bravery isn't doing it alone. It's daring to share burdens. You don't have to shoulder everything alone.

You're Braver!



Embrace connection. Asking for help shows true strength. Remember you're brave and supported. Accept this invitation!

Being brave also means asking for help

