

**TELL SOMEONE
YOU'RE SORRY.
IF YOU NEED
HELP, ASK FOR IT.
YOU ARE
LOVED BEYOND BELIEF.
YOU CAN TURN AN
INKBLOT INTO A
BUTTERFLY.
BE AN UPSTANDER,
NOT A BYSTANDER.**



If you or someone you know is experiencing thoughts of suicide, it is imperative to promptly seek assistance from a reliable adult or call/text 988 without delay.

