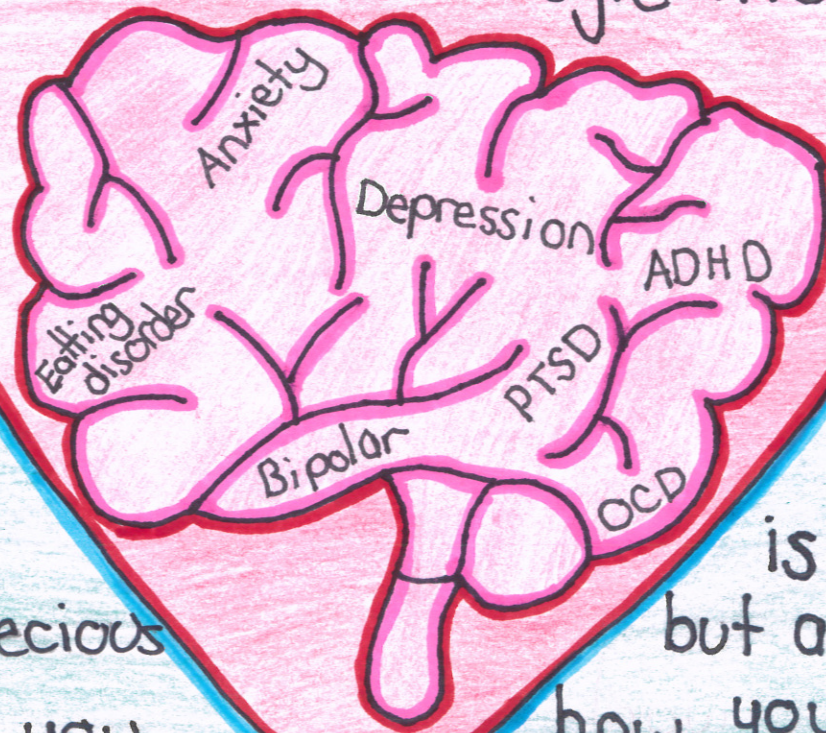


It doesn't get easier you just get stronger.

# May

Pain is real but so is Hope.

You Don't Struggle in Silence



1 in 5 American adults experienced a mental health issue.

1 in 10 young people experienced a period of major depression.

You are more precious to this world than you will ever know.

Mental health is not a destination, but a process. It's about how you drive, not where your going.

# Mental Health Month