IT'S OKAY:

- to have bad days
- to feel less than "perfect"
- to not have it figured out
- to cry
- to mess up
- to not be okay
- to talk about it

Need Support? We're here to listen.

Call 988 | Text 988 | Chat at 988lifeline.org/chat

NEW YORK STATE | Office of Mental Health

SPC NY Suicide Prevention Center of New York State

988 SUICIDE & CRISIS LIFELINE

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