

Anything
you need to
talk about?



BE THE STRONG
UNSILENT TYPE

Anything you need to talk about?

*Do you have someone in your life that
you can have a honest conversation
about your feelings?*

If you don't have someone you feel
comfortable talking to;
Or if they just don't understand what you
are going through;
You may need someone who is
trained to listen and help navigate your
emotions, call 833-773-2445.

***Or save this card to help someone
else navigate their feelings/thoughts.***