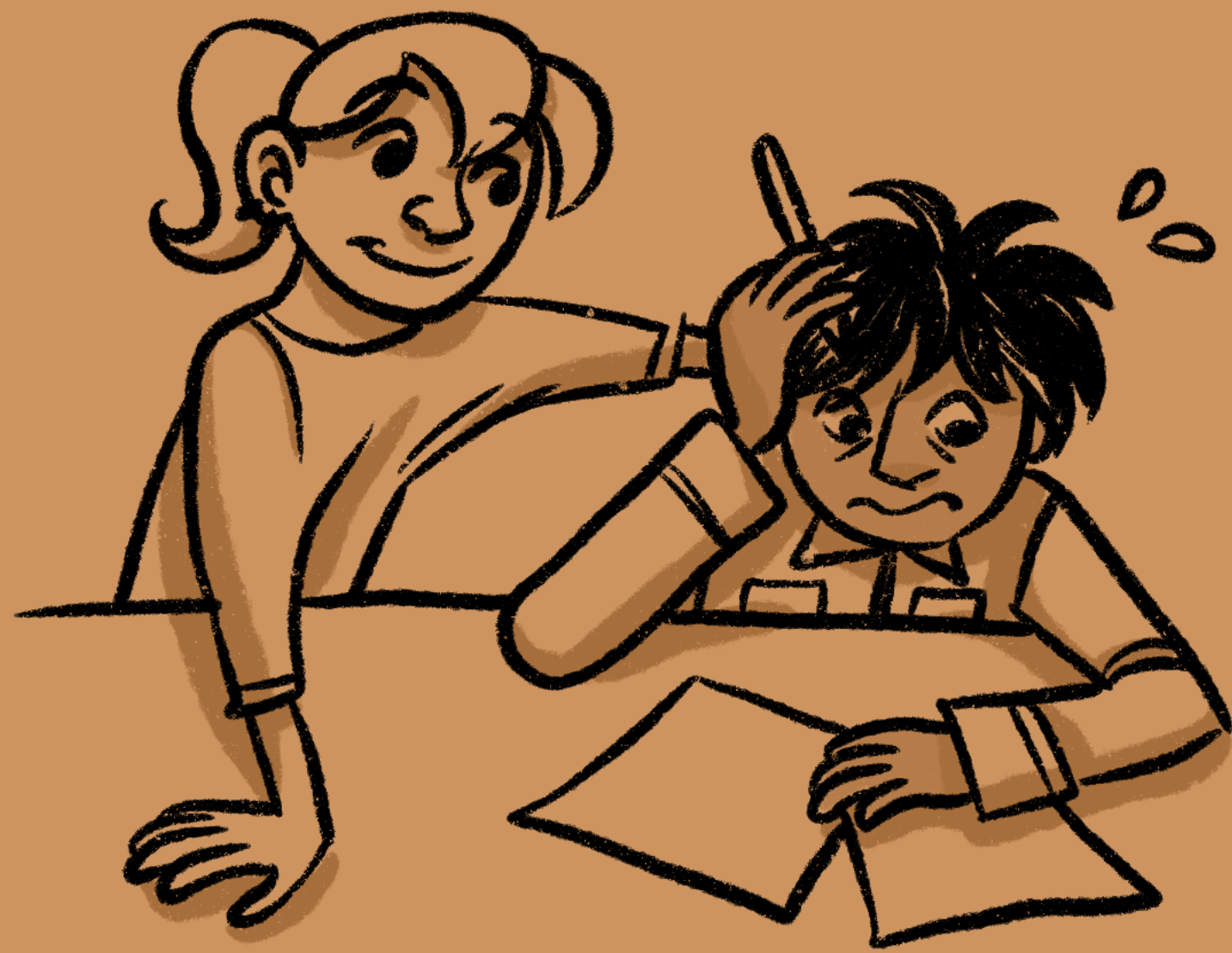


Everyone needs a little extra
help sometimes.

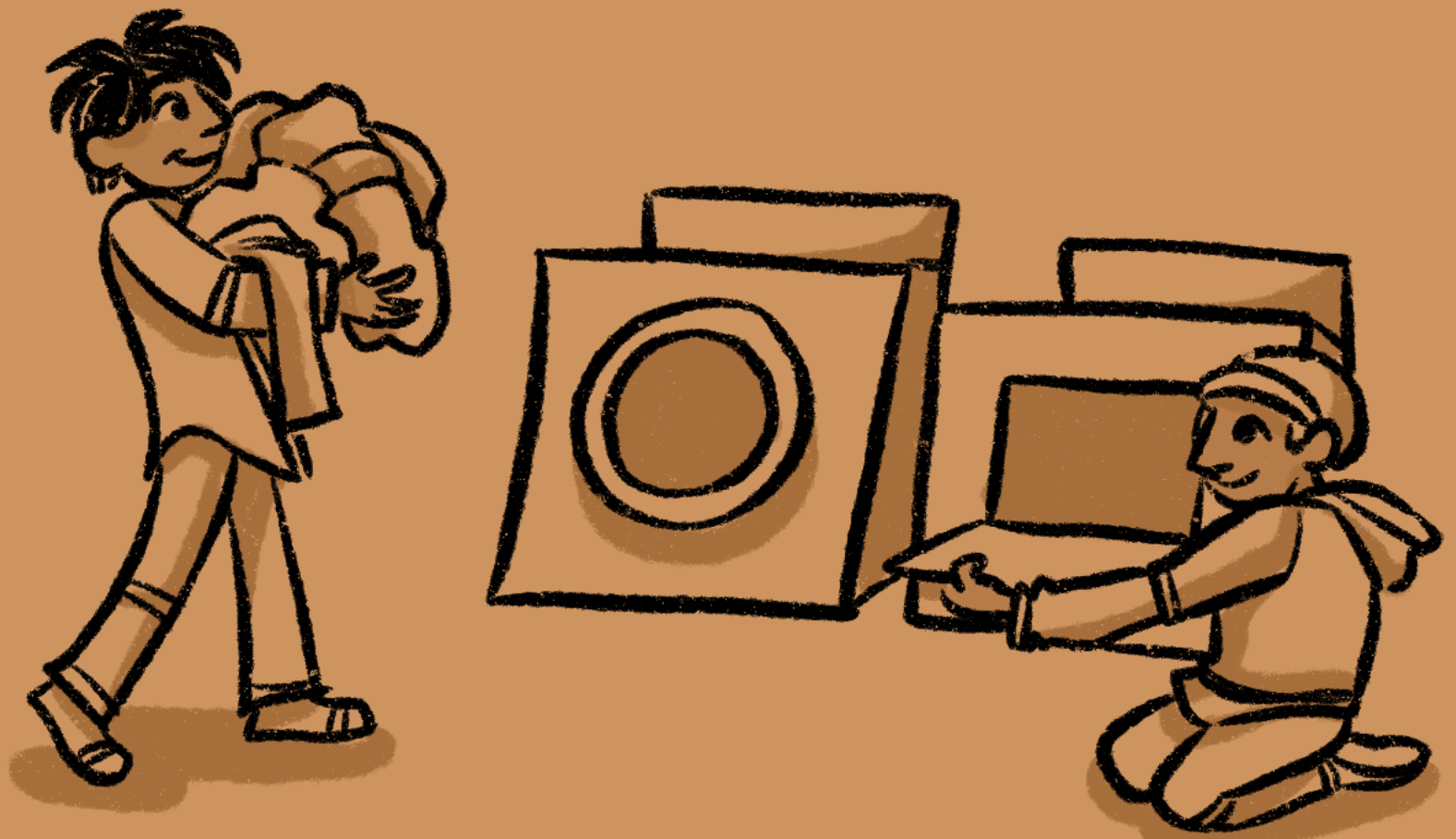


flow



With school...

Home life...

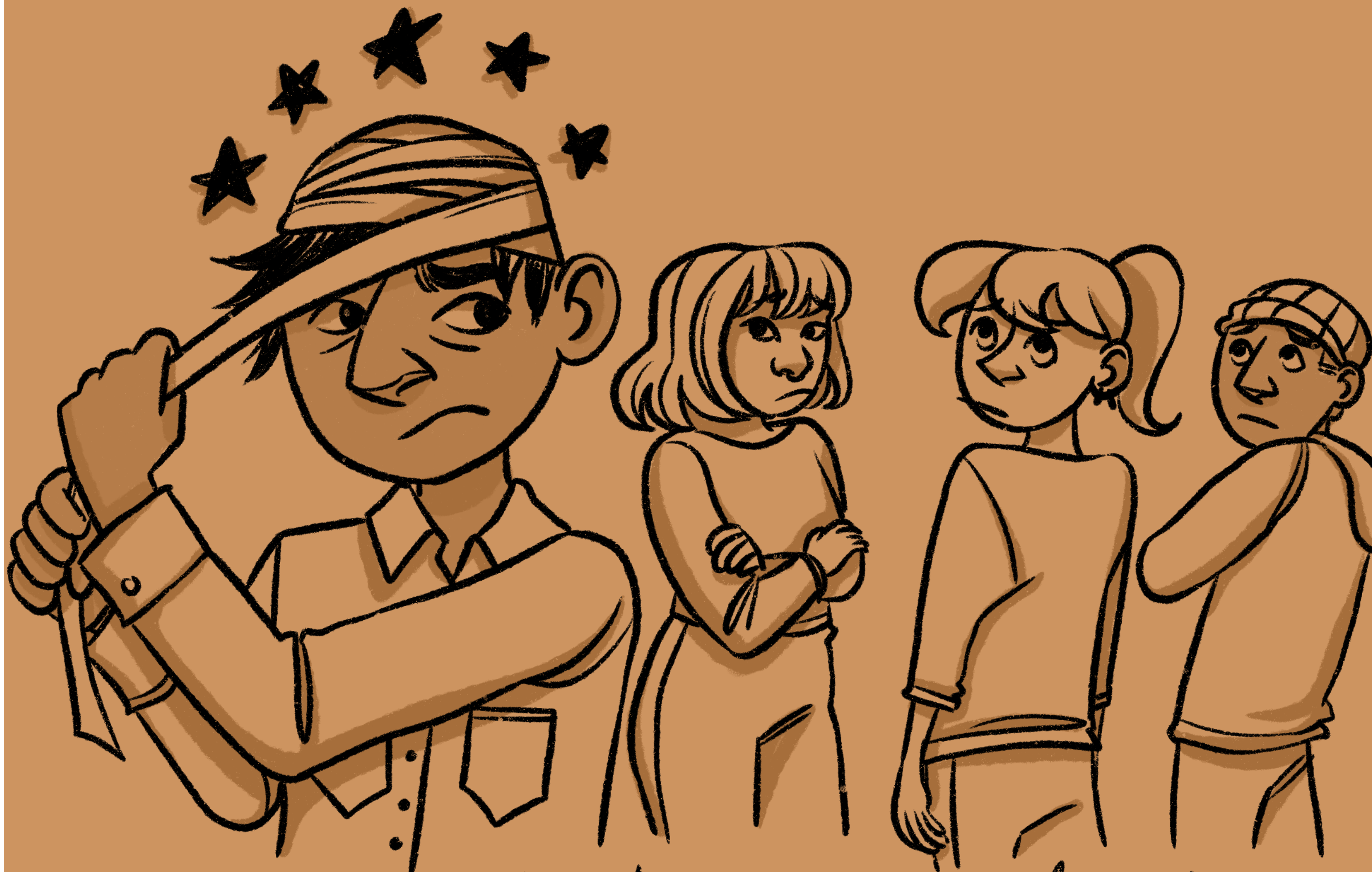


friendships...

Even in moments when you hurt yourself.



We all need help putting on a band-aid or two.



So why is it that we don't
give ourselves the same
grace for our mental struggles?

Even if we might feel ok asking
for help in other ways, getting
help with mental health can
feel shameful.





"I don't need the extra help of medication. I don't want people to think I'm crazy."

If you
wouldn't feel
bad about
going to the
hospital for
a broken bone,
why should it
be any different
getting meds for
your depression
or anxiety?



If you could alleviate some of your pain, why wouldn't you try?



Whether it's to heal your bones or heal your brain, asking for that help is so worth it.