

Does your mind ever wander beyond your control, & you find yourself asking,

"What if I

wasn't here anymore?"

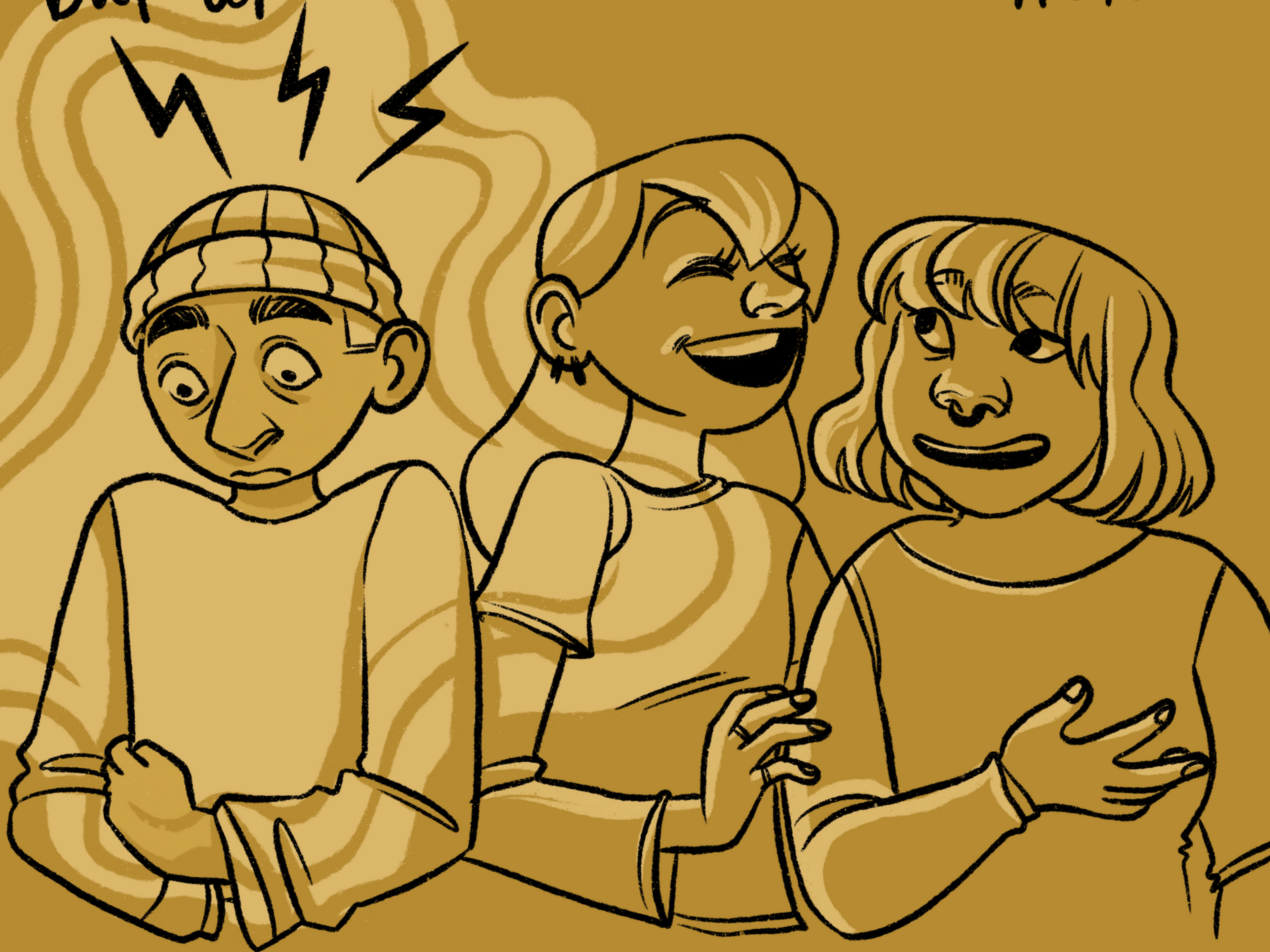


flow



It's a terrifying  
hole to fall down.

You feel scared of these thoughts,  
but also a sick sense of relief.



"My pain & suffering could all go away."



You know deep down that these thoughts are bad, but you're scared you'll get in trouble if you tell anyone.



Digging yourself out of that hole  
is no small task, and it's usually not  
something you can do alone.





Despite that,  
your life is  
worth the  
work it  
takes to  
save it.