

Have you ever felt so low that you
feel nothing - except for an overwhelming
desire to not be here anymore?



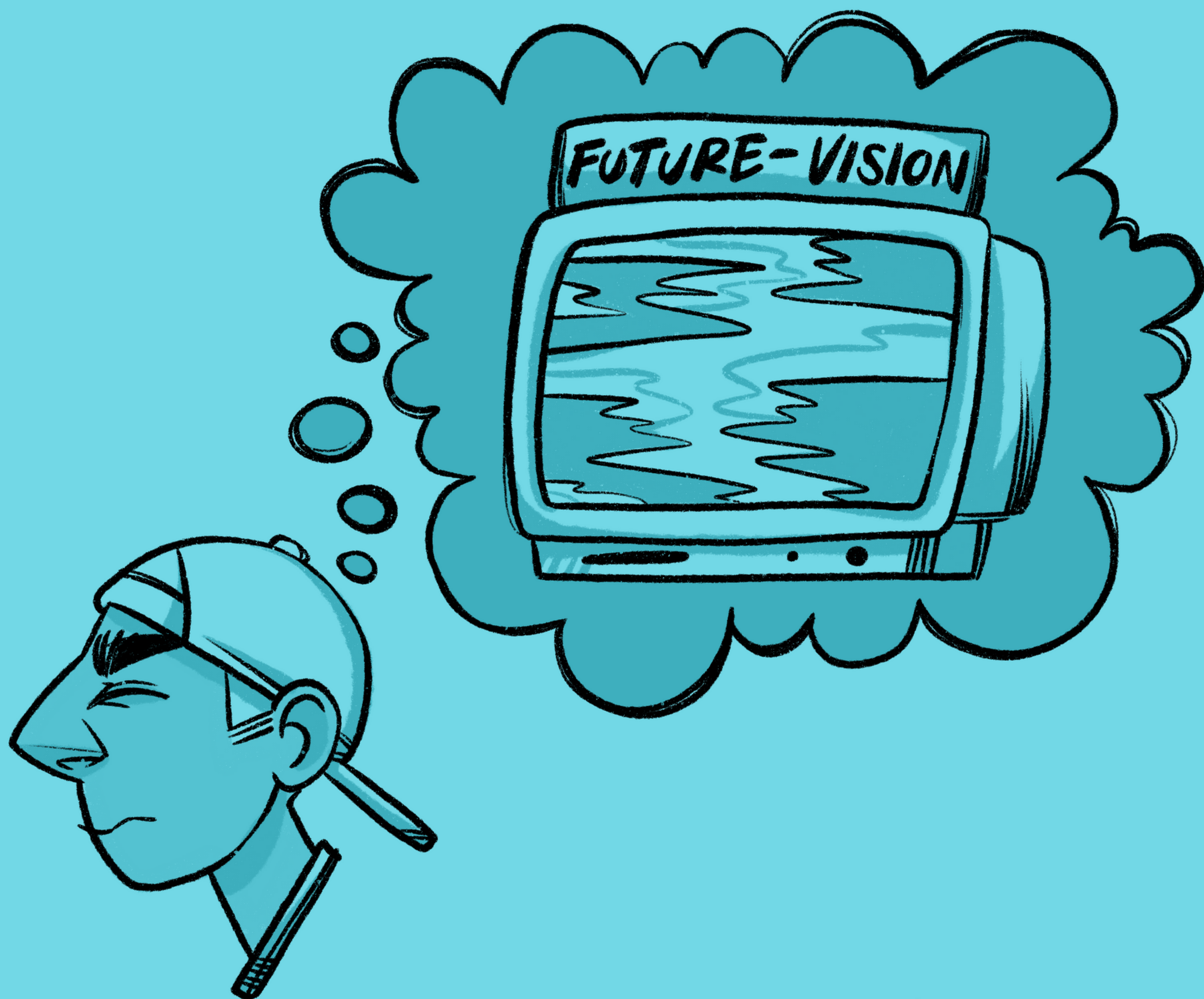
flow

You even convince
yourself that no
one would miss you -
that they'd even
be better off

Without you.

It almost doesn't
even feel sad,
it just feels like
a fact.





It's like you've got mental blinders on, unable to picture anything in your future.

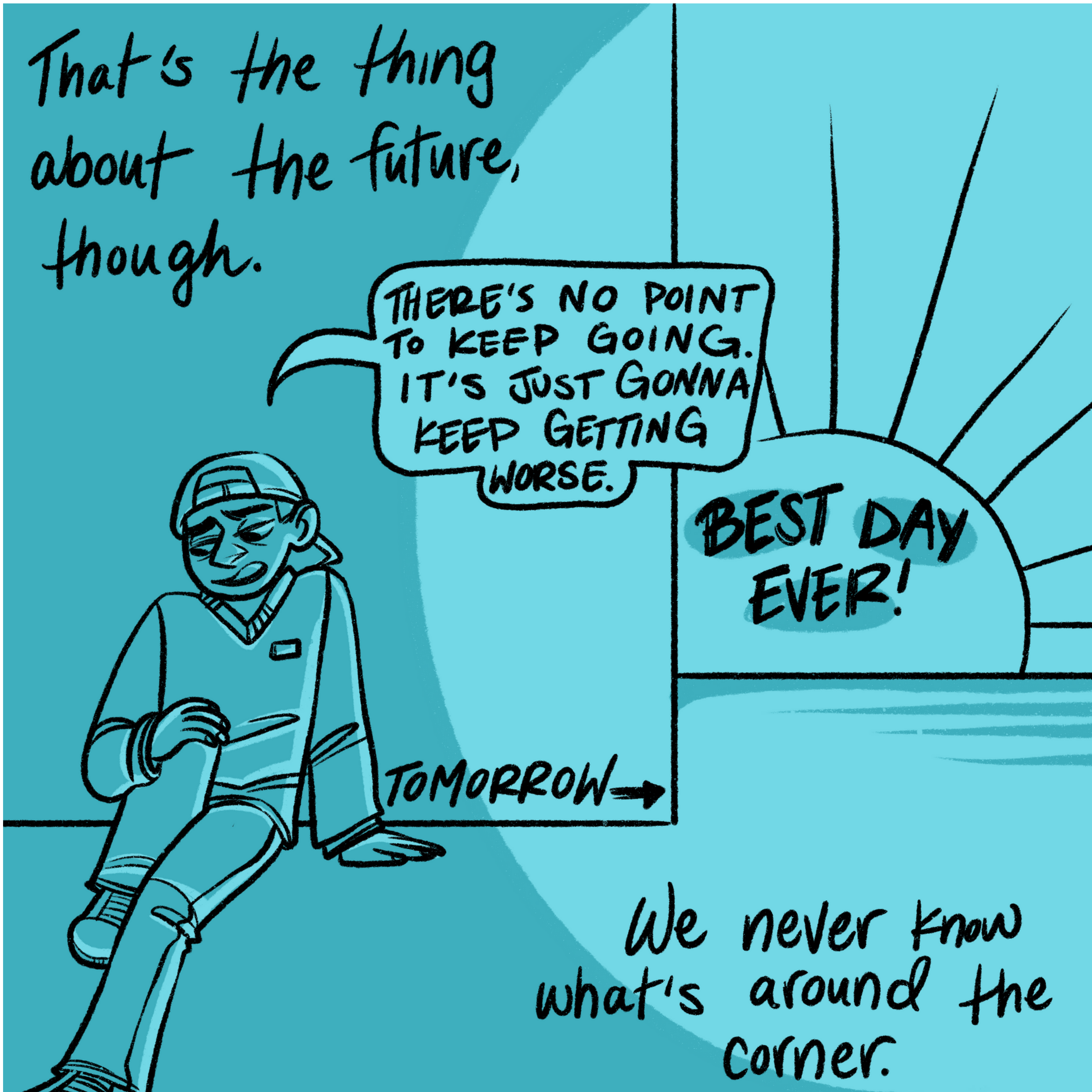
That's the thing
about the future,
though.

THERE'S NO POINT
TO KEEP GOING.
IT'S JUST GONNA
KEEP GETTING
WORSE.

BEST DAY
EVER!

TOMORROW →

We never know
what's around the
corner.



We can never know what bad stuff
we're about to experience, yes,
but that goes for good stuff too.



THE
GREAT
UNKNOWN



Taking things one day at a
time - moment by moment.
That's how we get through.
That's how you survive.

You are strong, even as you feel weak.
Waking up + choosing to **stay** takes strength.



You are loved, and you are wanted. Above
all else, you are never alone.

Suicide and Crisis Lifeline:

(available 24/7 in 240 languages)



988