# **BECAUSE LIFE CAN BE PRET**

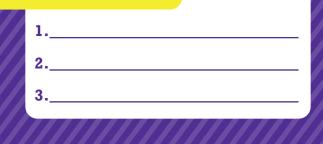
## SOMETIMES.



## **People I go to for support:**



### **Activities to de-stress:**



#### Need help? TALK 877.968.8491 TEXT "teen2teen" to 839863 CHAT 4pm-10pm PT daily the Youth Line.org



We listen. We support. We keep it to ourselves.