



GETTING THROUGH



I have been
where you
are so many
times

Give
yourself
time to

grow



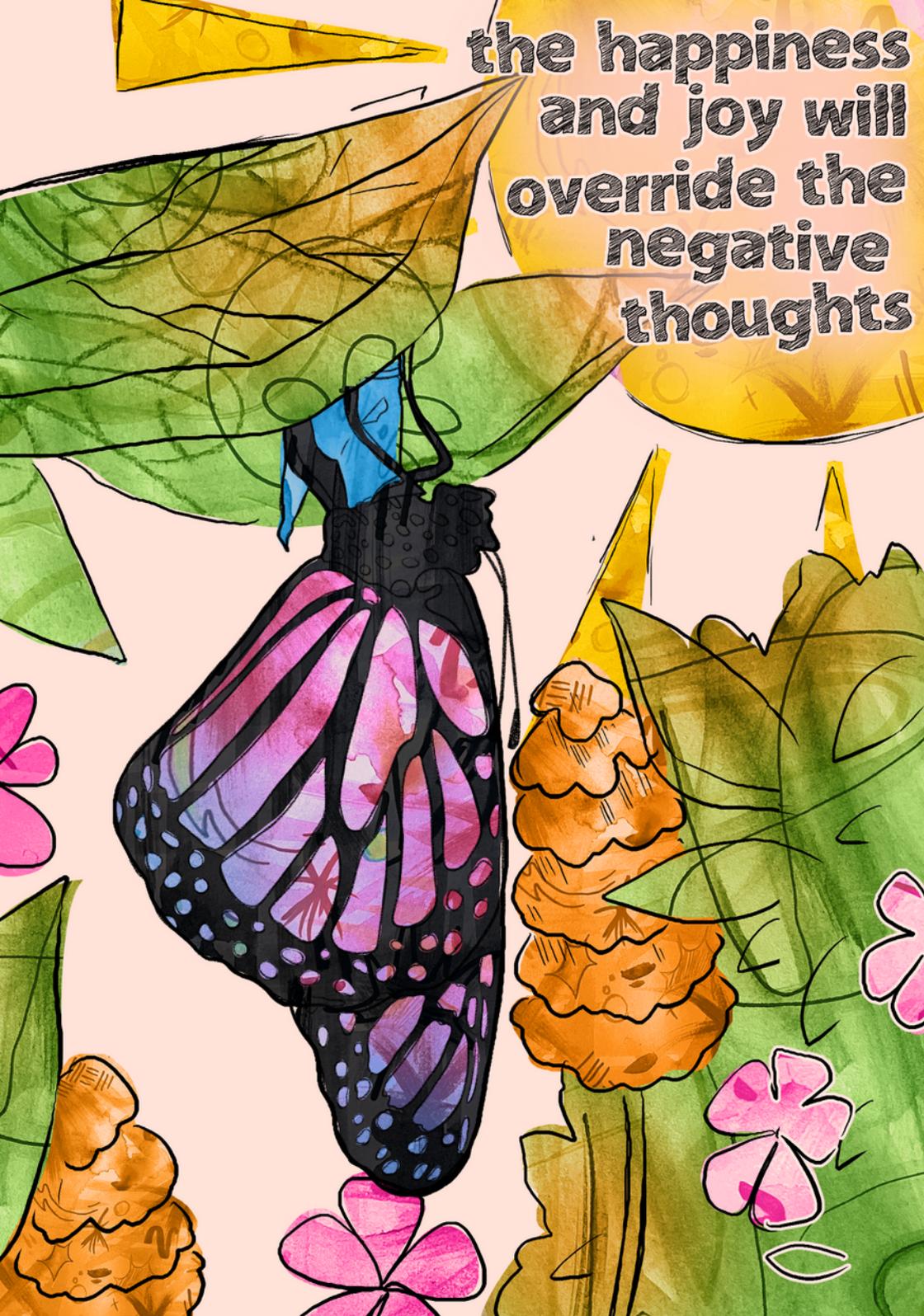
**You have been
here before,
you can make
it through
again**





**The times
between
stress will
get longer**

**the happiness
and joy will
override the
negative
thoughts**





**There is a
future
version of
yourself
who is proud
you were
strong
enough to
keep going**



Watch the animation here!

If you are in a mental health crisis,
call 111 and select option 2 to be
referred to a mental health professional.