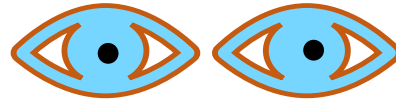


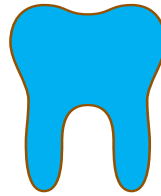
**IF THESE**



**NEED**



**HELP...**



**SO CAN THE MIND**

**YOURS**



**and**



**MINE**

**NO FEAR NO SHAME**

**ONLY GAINS**

**FOR SUPPORT SERVICES:**

**CALL:** LOCAL MENTAL HEALTH/ WELLBEING HELPLINE

**APPOINTMENT:** WITH MENTAL HEALTH SPECIALIST

**CONNECT WITH:** FAMILY, FRIENDS, & COMMUNITY

**There's "no health without mental health" (WHO)**