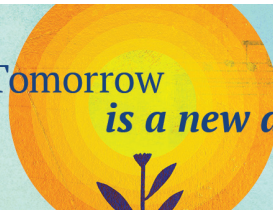


You are *loveable*,
valuable, and
important.



Tomorrow
is a new day.



You are allowed to be both a
masterpiece and a work in progress.



It's okay
to not be okay.



Each day holds the possibilities
for great discoveries and hidden joy.



It will get better.



You *matter*.
You are *worthy*.
You are *loved*.



The story of your life has many
chapters. One bad chapter doesn't
mean it's the end of the book.



You are *capable*
and *brave* and
significant.

H.O.P.E. =
Hold On, Pain Ends.



When it rains, look for rainbows.
When it's dark, look for stars.



Difficult roads often
lead to beautiful
destinations.



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1-800-273-8255

Text **HOME** to 741741 to text with a crisis counselor

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