

**I'M
FINE***

***I'M OVERWHELMED
& DON'T KNOW HOW
TO ASK FOR HELP.**



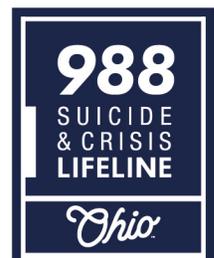
**WE ALL HIDE HOW
WE FEEL SOMETIMES.**

**It can help to talk—
whatever you're dealing with...**

- Anxiety
- Loneliness
- Thoughts of suicide
- Relationship problems
- Depression
- Literally anything

CALL, TEXT OR CHAT 988

for free, confidential support—anytime.



988.OHIO.GOV