

**WHEN UR
NOT SURE
WHR 2 TURN...**

—
text **LIFE**
to **61222**

or call **1-866-379-6363**

**SOMETIMES YOU JUST NEED
SOMEONE TO TALK TO.**

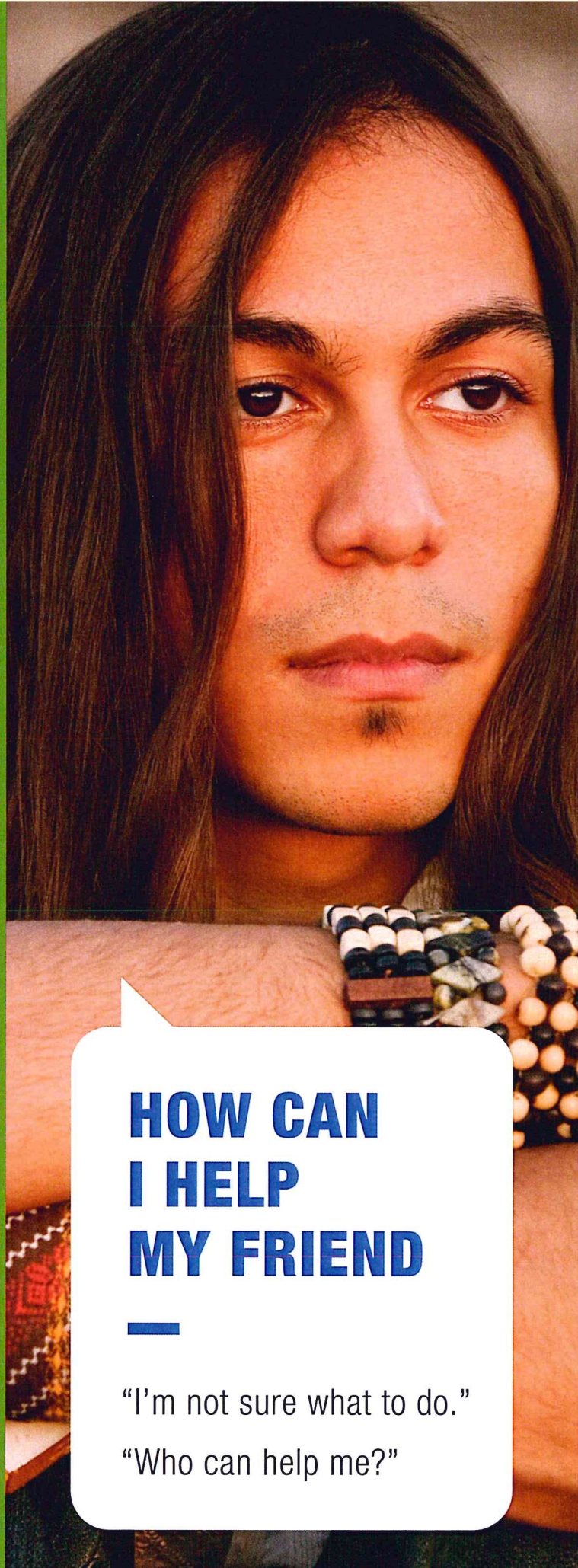
—
**FREE. CONFIDENTIAL.
CRISIS COUNSELORS.**

Text LIFE to 61222



A service of  **canvas** HEALTH

Standard text and data rates apply.



**HOW CAN
I HELP
MY FRIEND**

—
“I’m not sure what to do.”

“Who can help me?”

**WHEN YOU
THINK THEY'D
BE BETTER OFF
WITHOUT YOU...**



text **LIFE**

to **61222**

or call 1-866-379-6363

**WE'RE HERE 24/7 TO HELP YOU
THROUGH THE TOUGH TIMES.**



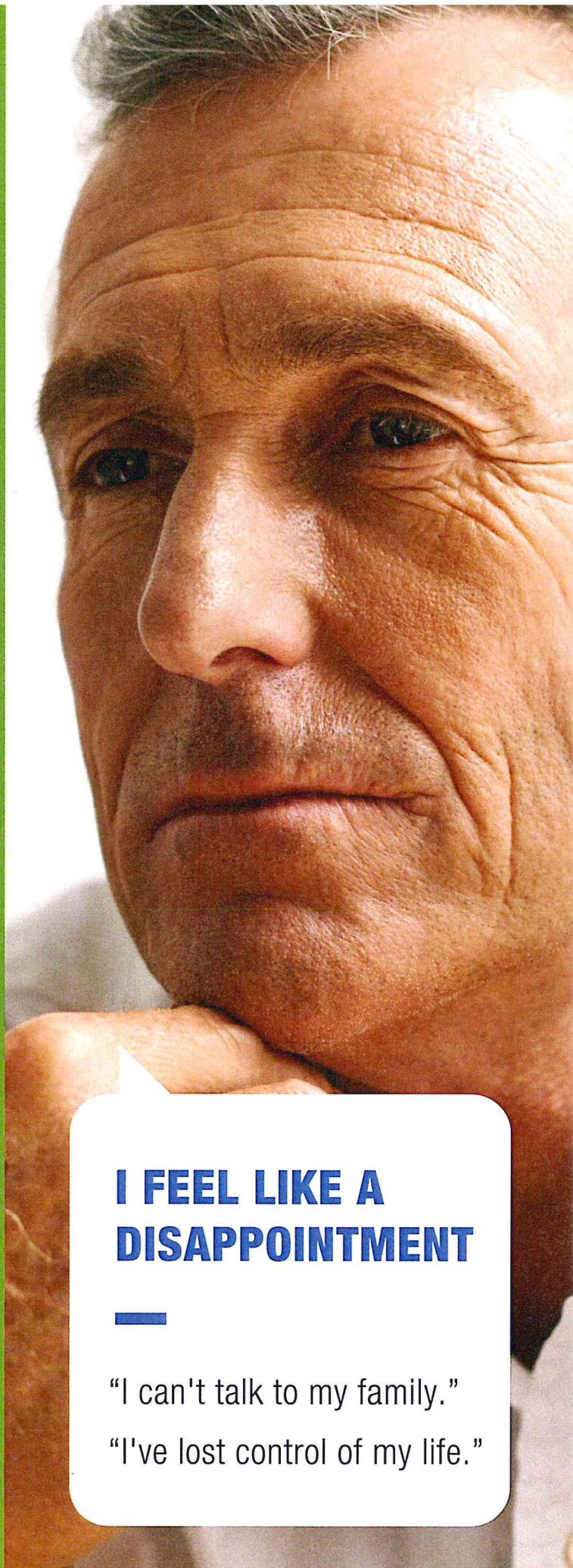
**FREE. CONFIDENTIAL.
CRISIS COUNSELORS.**

Text LIFE to 61222



A service of  **canvas** HEALTH

Standard text and data rates apply.



**I FEEL LIKE A
DISAPPOINTMENT**



"I can't talk to my family."

"I've lost control of my life."