



“IT CAN'T BE THAT BAD”

EVER WONDER WHY PEOPLE LIVING WITH MENTAL ILLNESS SUFFER IN SILENCE?

FOR FREE, CONFIDENTIAL SUPPORT WHEN YOU NEED IT
TEXT **BURNTCHEF**
TO **85258**



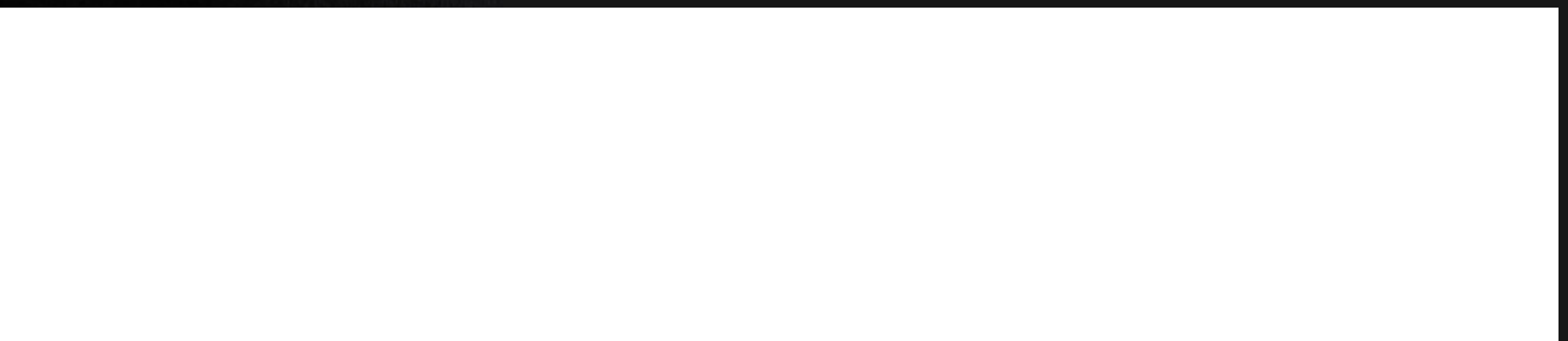
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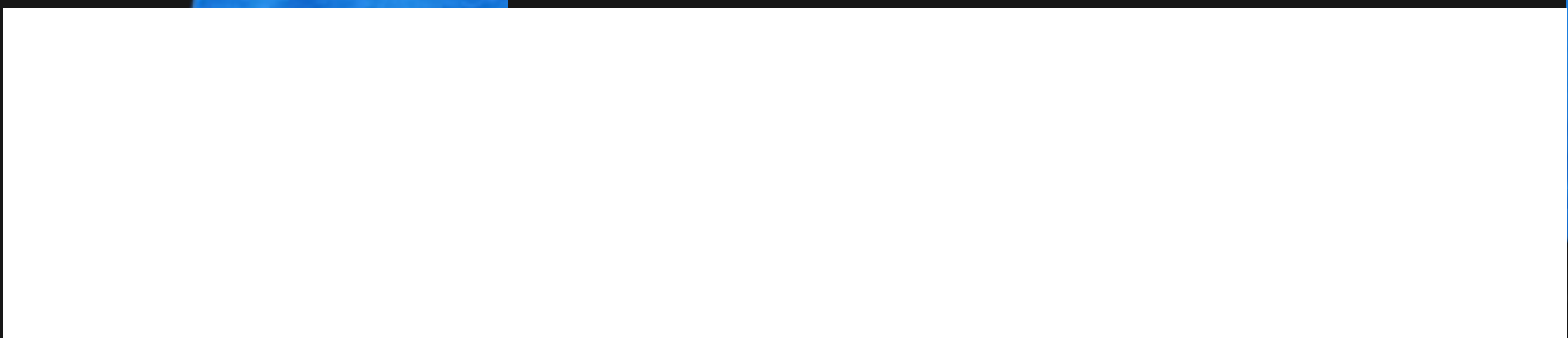


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“FOOD FOR THOUGHT ?”

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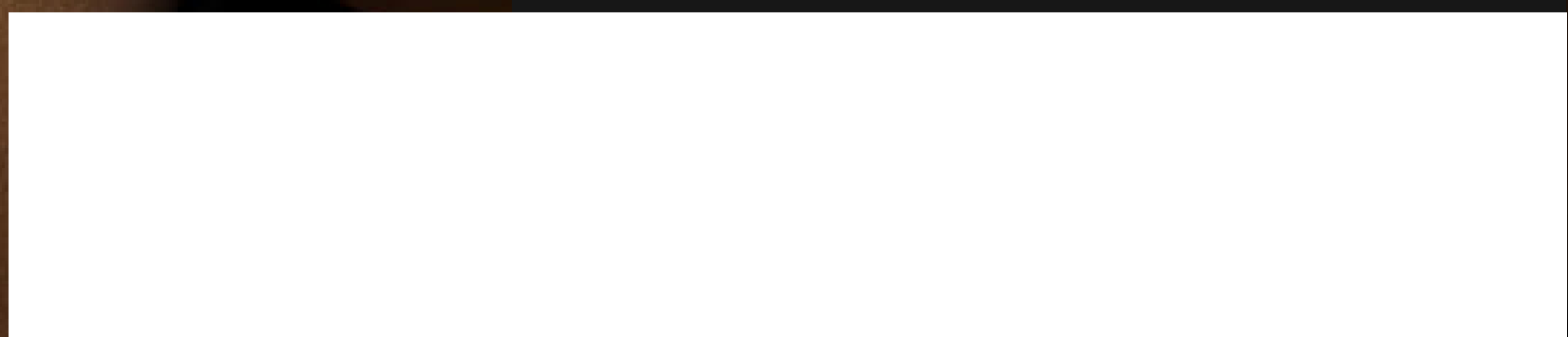


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“**BUT I’M
FIT AND
HEALTHY**”

WE AIM TO MAINTAIN
OUR PHYSICAL HEALTH
BUT WE SOMETIMES
NEGLECT OUR MENTAL
HEALTH... REACH OUT
AND TALK TO US

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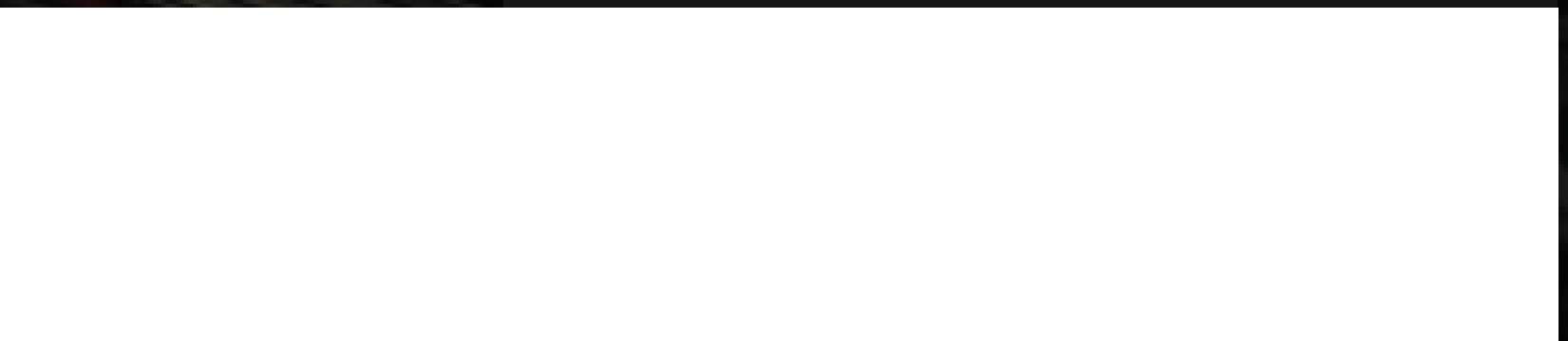


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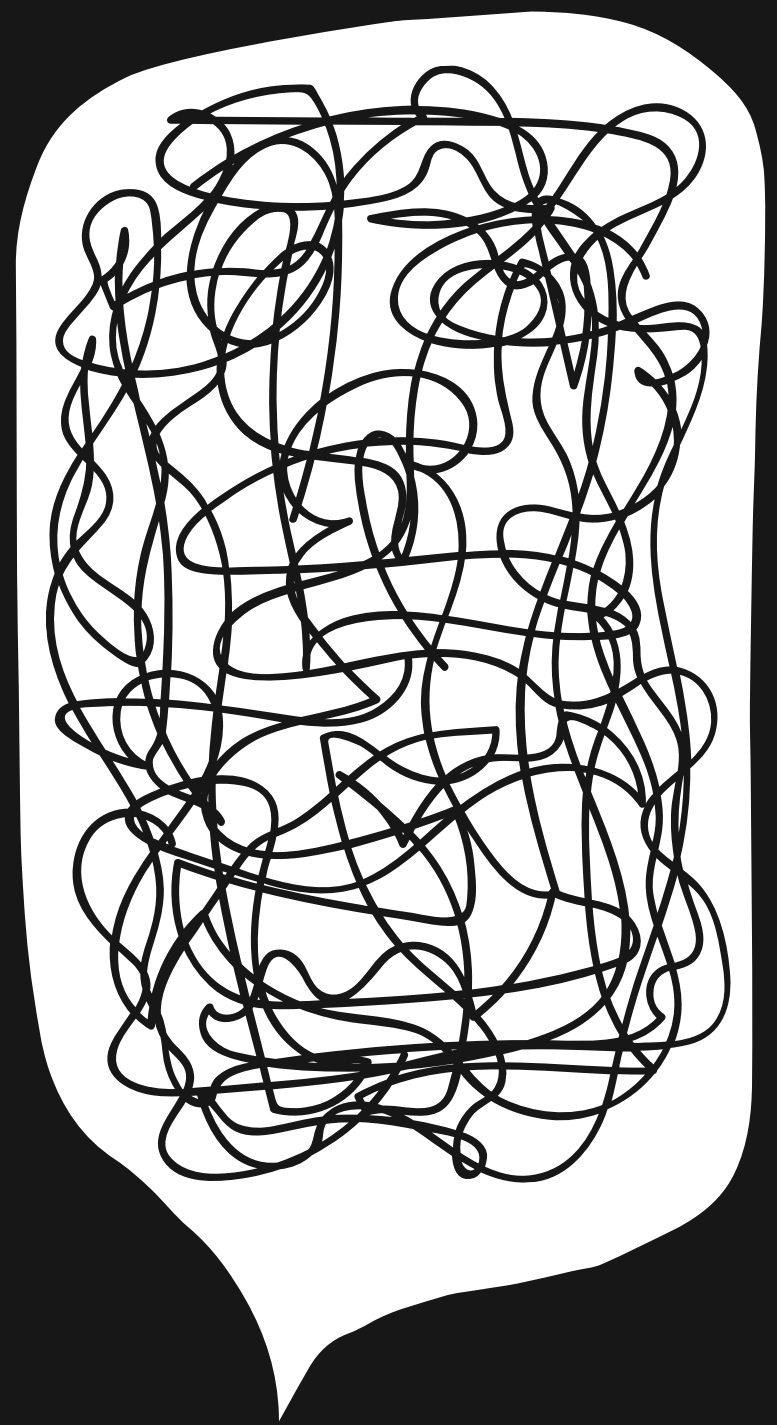




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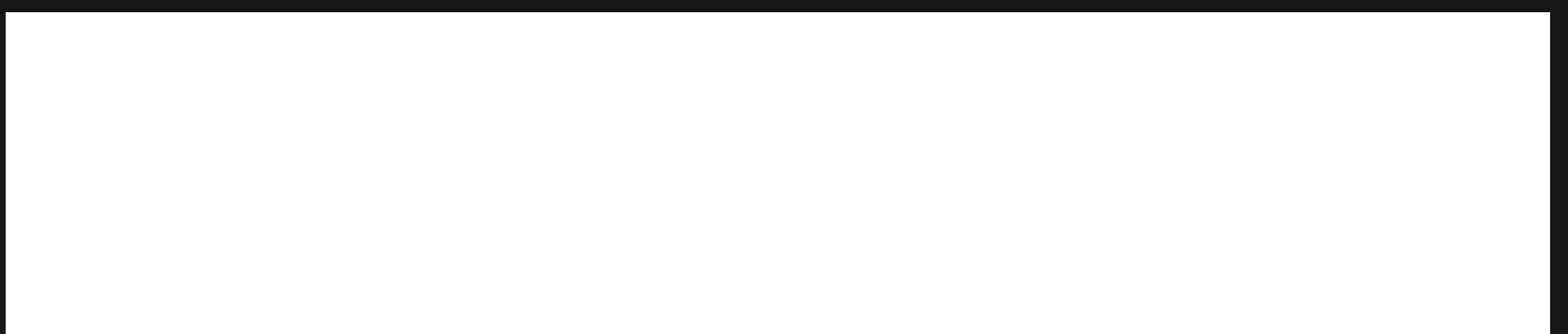


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**“IT'S
REALLY
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STOP THE STIGMA.
LET'S TALK ABOUT
MENTAL HEALTH.

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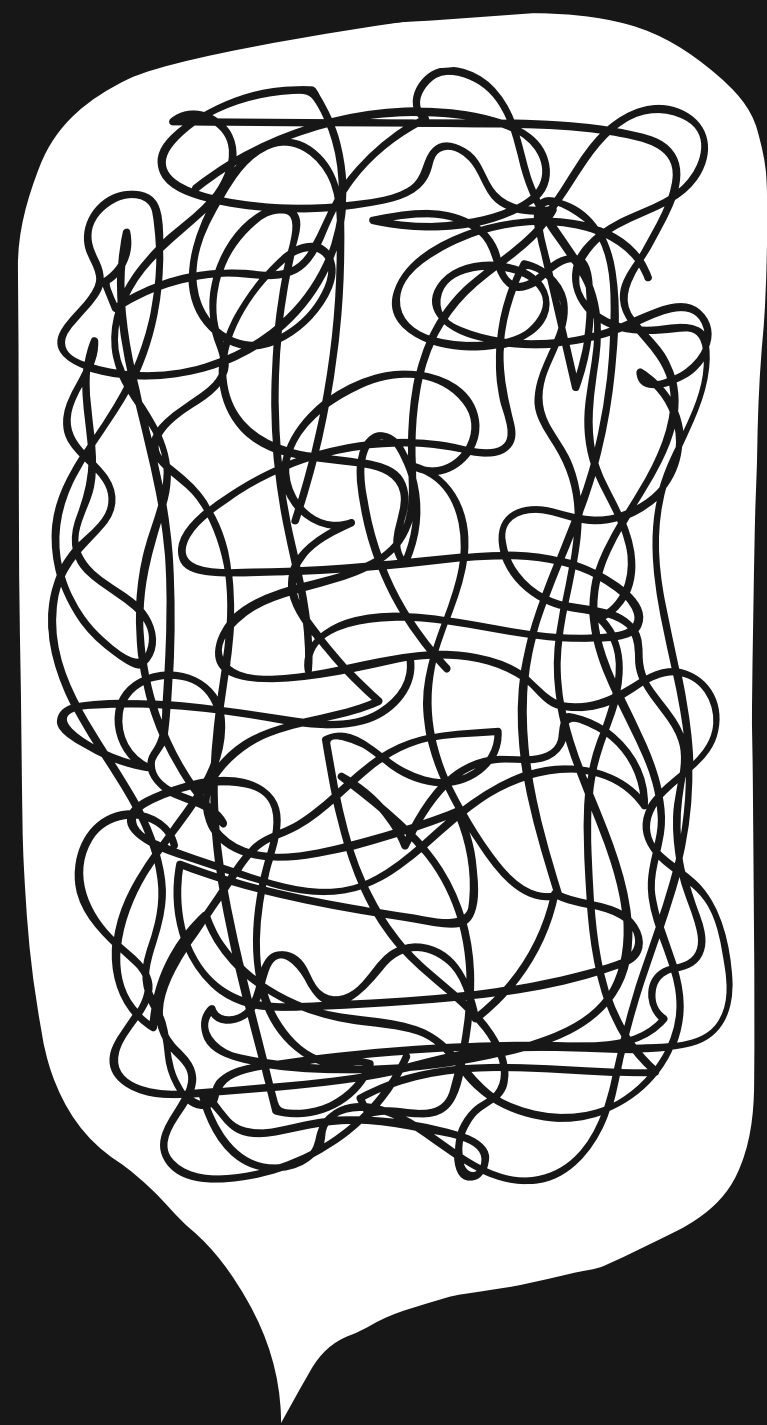




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