

# Courageous Connection

Gladly

Asking for help is brave. It's about connecting and finding strength in shared support. You're never alone...



## Save 988

A lifeline is just three digits away. Save 988 in your phone now for easy access during tough times.



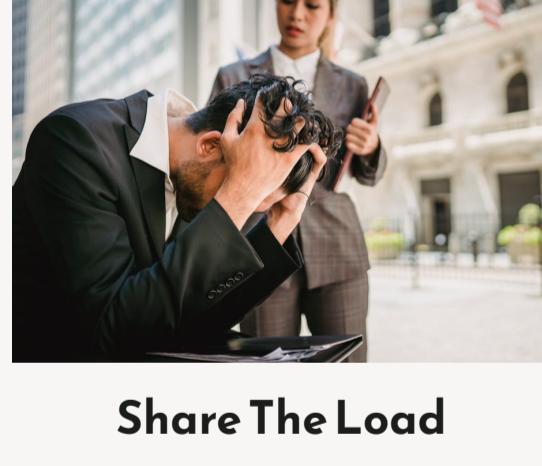
## Reach Out

Be the first to connect. Send a supportive text or make a call. Small gestures can make a big difference.



## Listen Validly

Practice active listening and acknowledge feelings. Words of support are powerful: "That sounds hard."



## Anchor Yourself

Build resilience through daily gratitude, evening walks, or journaling wins. Find what grounds you.

## Share The Load

Bravery isn't doing it alone. It's daring to share burdens. You don't have to shoulder everything alone.

## You're Braver!

Embrace connection. Asking for help shows true strength. Remember you're brave and supported. Accept this invitation!

Being brave also means asking for help

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