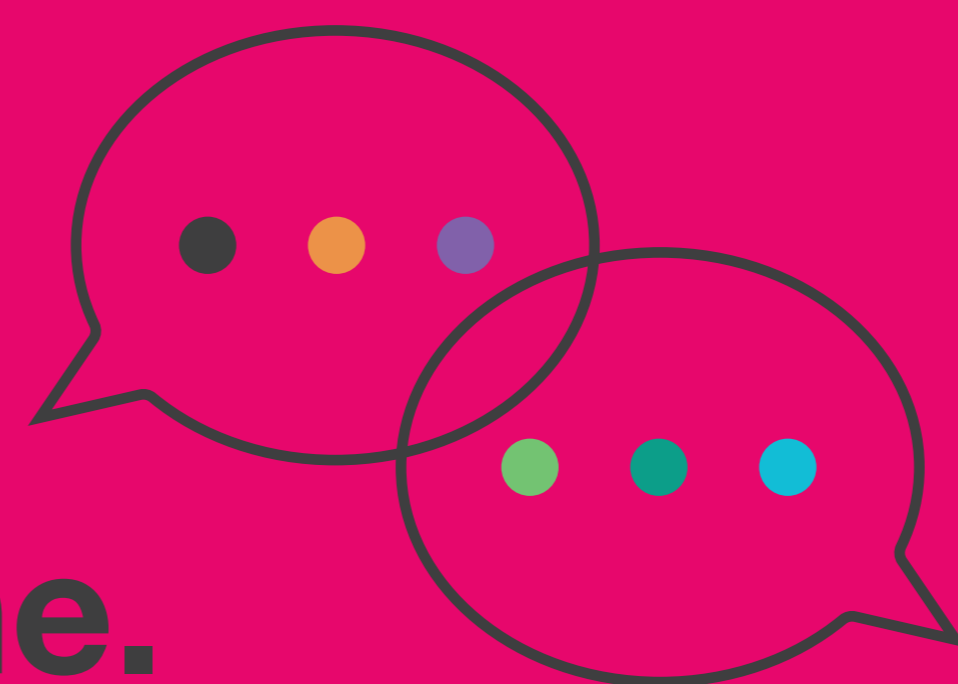




Listen to the answer

You can never ask ‘Hey, how are you?’ too many times.

You are **not alone.**





Be heard

**Thoughts can eat away at you
inside. Let them out.**



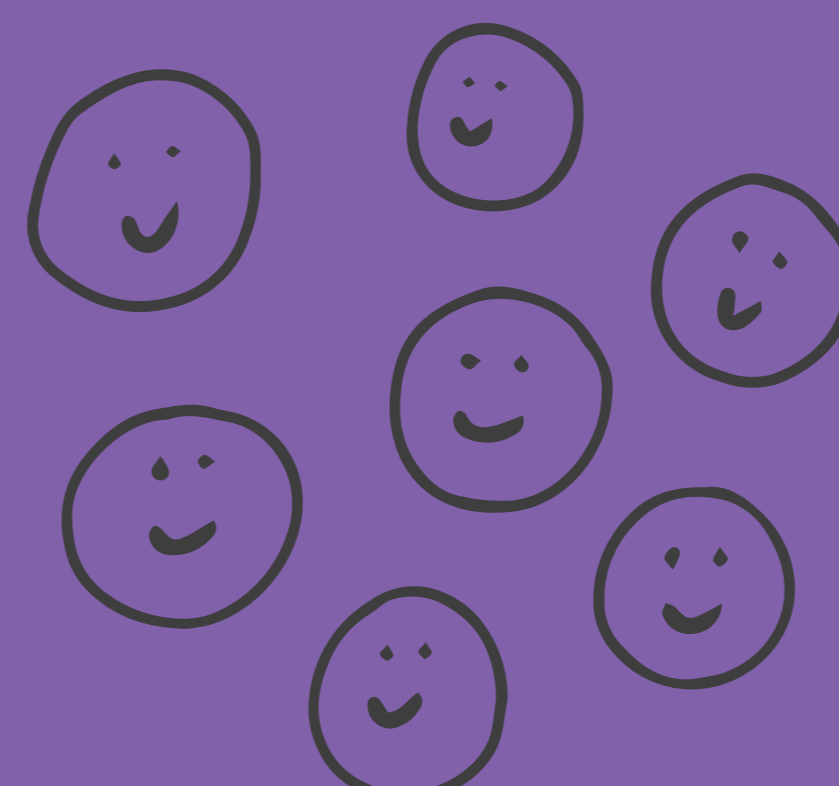
You are **not alone.**



Treat people with
kindness

**You never know what someone
is going through.**

You are **not alone.**





Be an upstander

**Your actions can be
the difference.**

You are **not alone.**



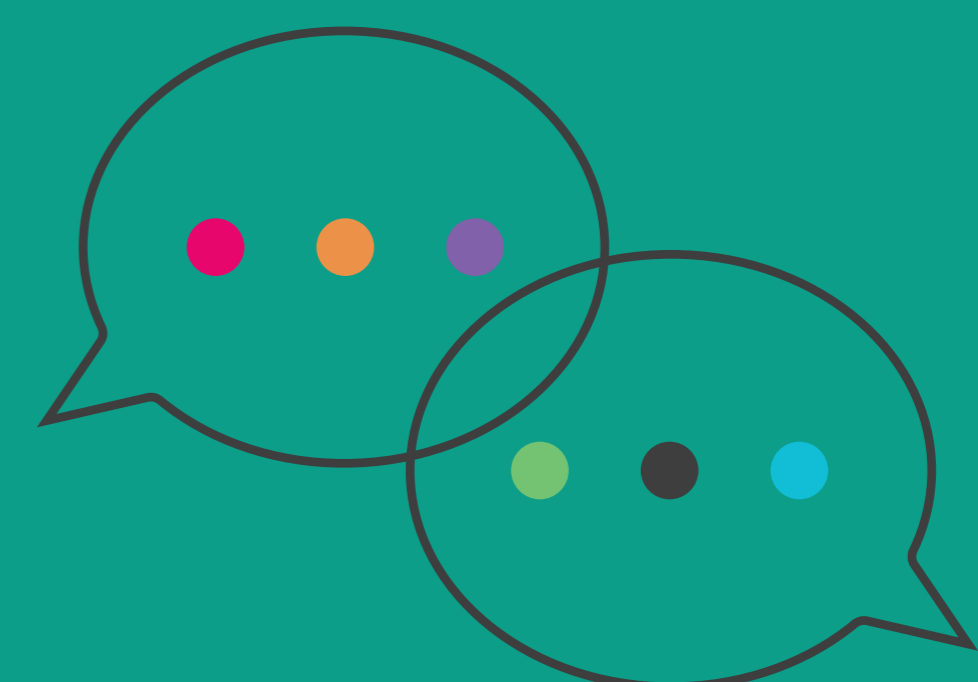
Wellbeing Matters



Communication is key

Don't sit in silence.

You are **not alone.**





The first step
can be difficult

Take it.

You are allowed help.

You are **not alone.**