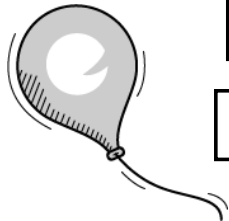




**IT'S OKAY TO
NOT BE OKAY**



**YOU DON'T NEED TO BE AN EXPERT TO TALK ABOUT MENTAL HEALTH.
SOMETIMES JUST ASKING 'ARE YOU OKAY?' AND SHOWING YOU CARE CAN
MAKE A BIG DIFFERENCE.**

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