

Be the light.

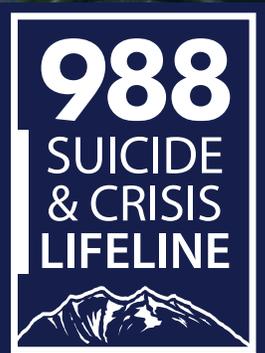


Need mental health support?
Call or text **988**,
Suicide & Crisis Lifeline

988.alaska.gov

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Alaska Mental Health
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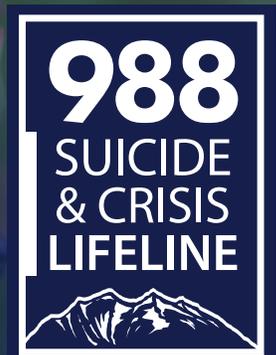


You are not alone.

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You've got this!

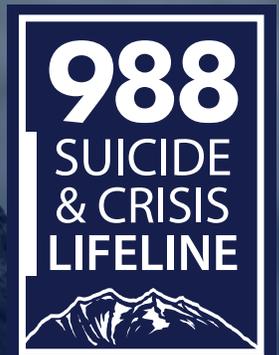
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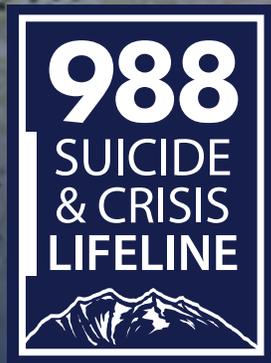


You matter.

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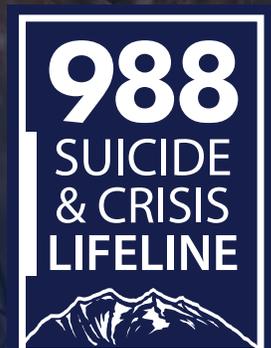


Don't give up.

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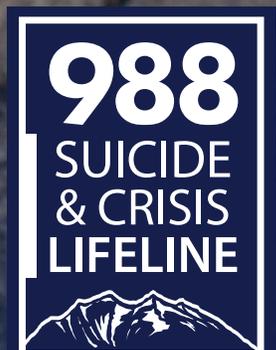
Inspire others with your story.

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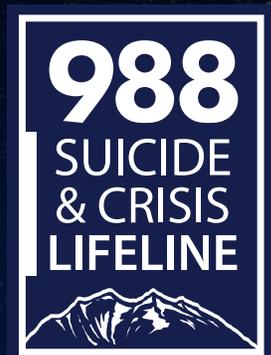
Don't give up. We're here for you.



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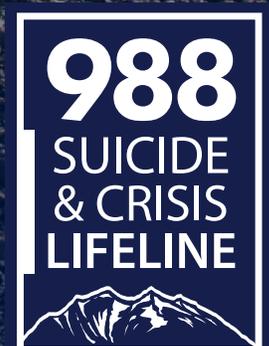


You are enough.

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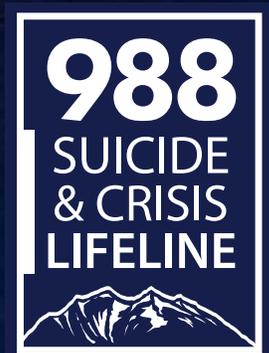
One day at a time.



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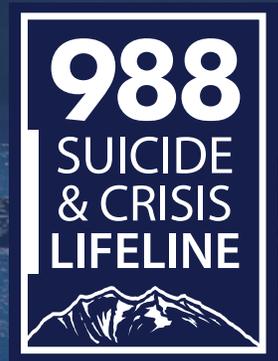


You make today better.

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Your story isn't over yet.

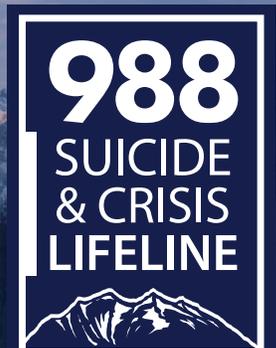


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You are loved.



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