



KNOW THAT YOU ARE

VALUABLE

You touch lives you
don't even realize.

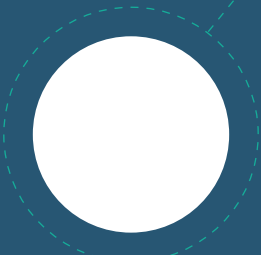
CAPABLE

You have more strength
than you may know.

LOVED

You're worthy, just as
you are, right now.





**Big or small, we all
have times we need to talk
about our challenges.**

Friends and family are a wonderful option.
The numbers below are all available 24/7. You'll find
a confidential, encouraging and knowledgeable
voice on the other end of the phone.

Nebraska Family Helpline

(888) 866-8660

The Boys Town National Hotline

(800) 448-3000

Suicide and Crisis Lifeline

988

Crisis Text Line

TEXT HOME TO 741 741

TALK

heart2heart.org

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