



You are *never* a bother.

Whether you're going through a low point, a crisis, or something you can't put into words, you deserve real caring non-judgmental support.

Maybe it's a trusted friend. Or a counselor. They're just a text or call away — they can help you find your "why" to keep going.

And they want you to know you're never a bother.



Let's get better together.

Get help for yourself or a friend at NeveraBother.org

