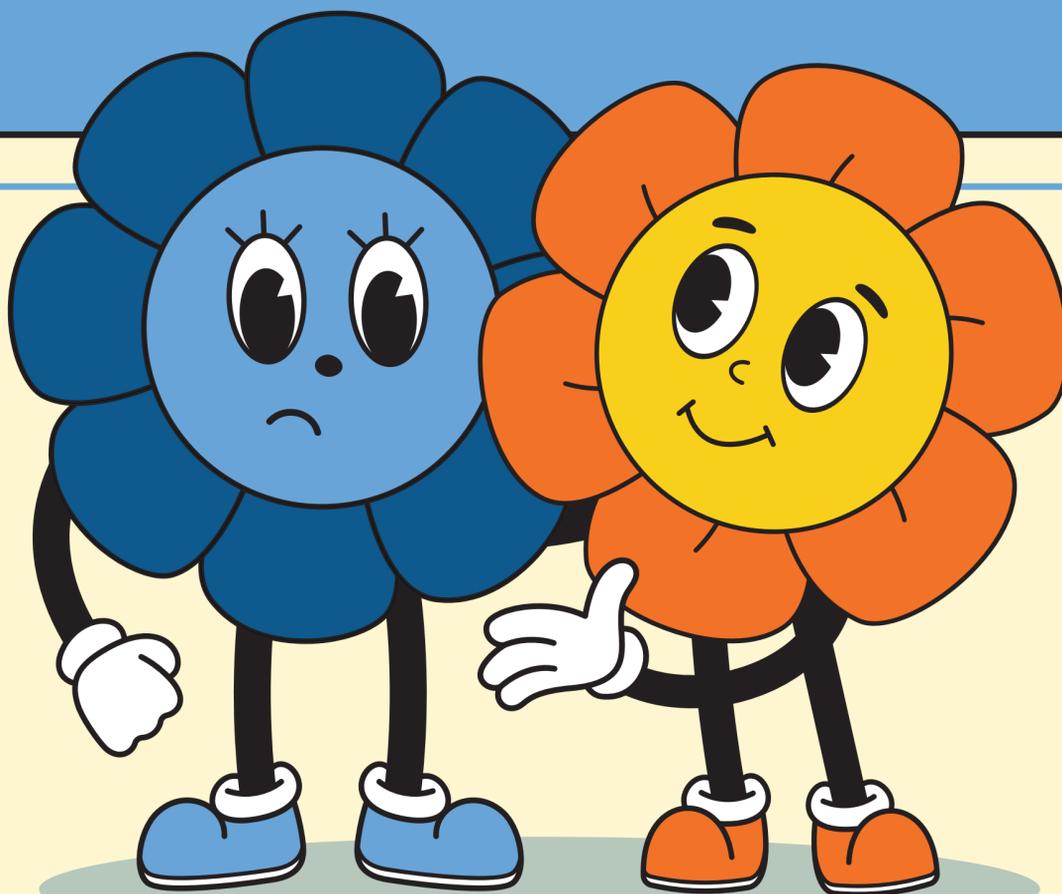




# How are you *really* doing though?



**If something feels wrong with a friend, trust your instincts.**

Let them know you're here for them — whether it's a low point, a crisis, or something they can't put into words. Tell them they're never a bother.

Learn how to help yourself or a friend.  
**Visit [NeveraBother.org](https://NeveraBother.org)**

© 2024 California Department of Public Health. Funded under contract # 22-10946

