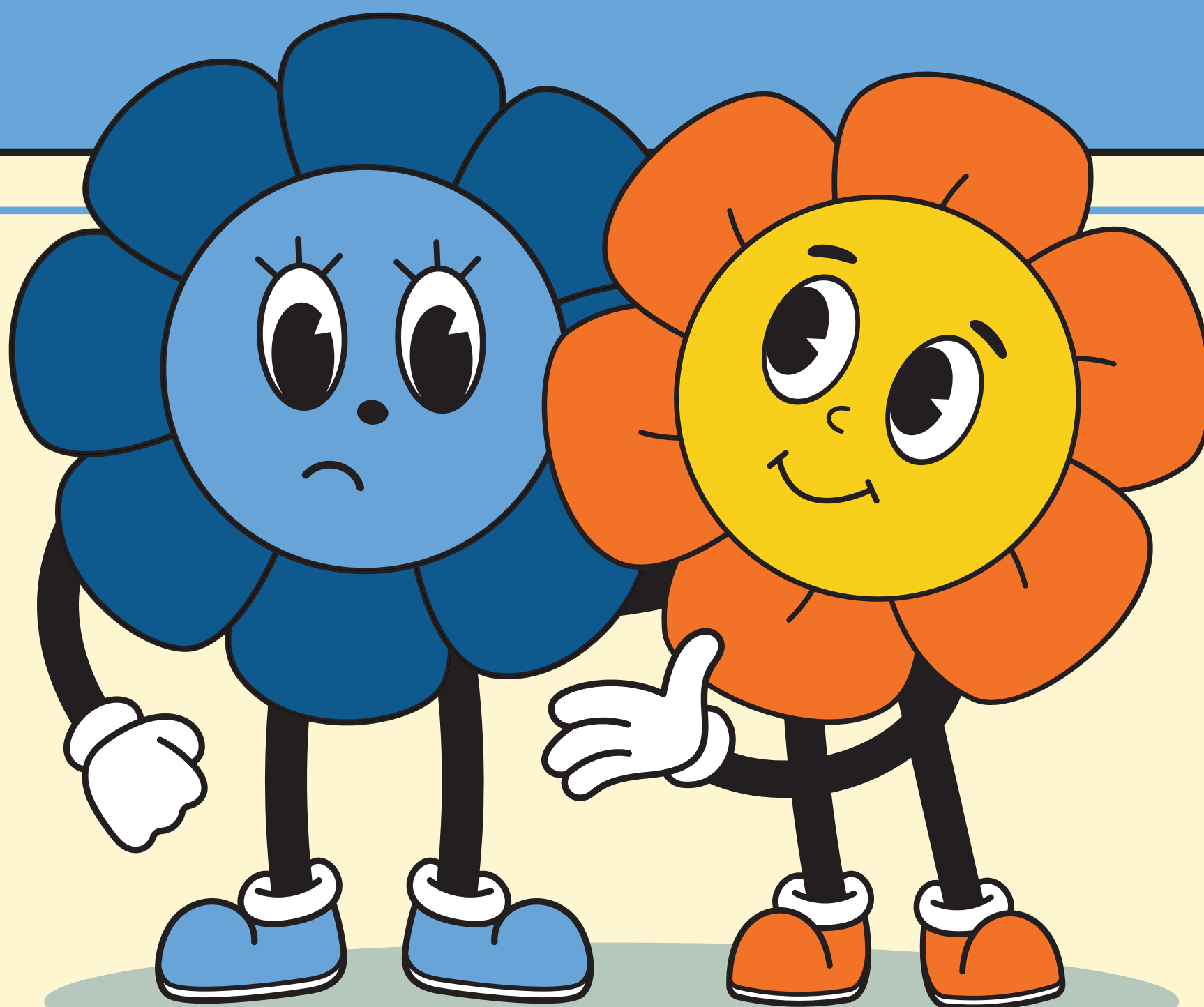




How are you *really* doing though?



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

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