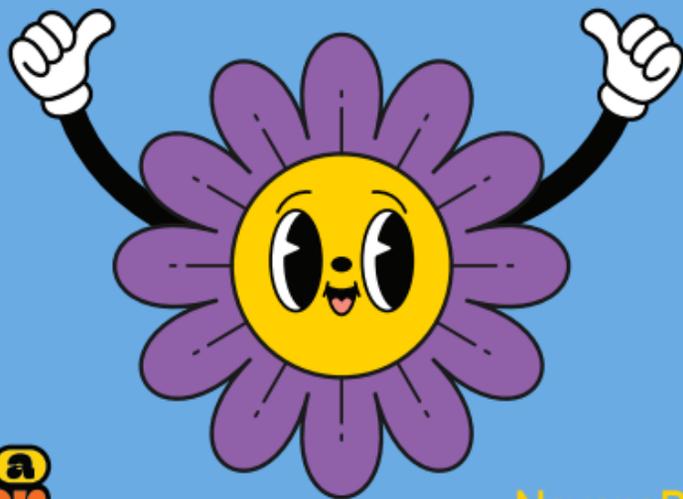


**Never a
Bother**

NeveraBother.org

*The world can be
unfair, but there is
hope for better days.*

I love you.

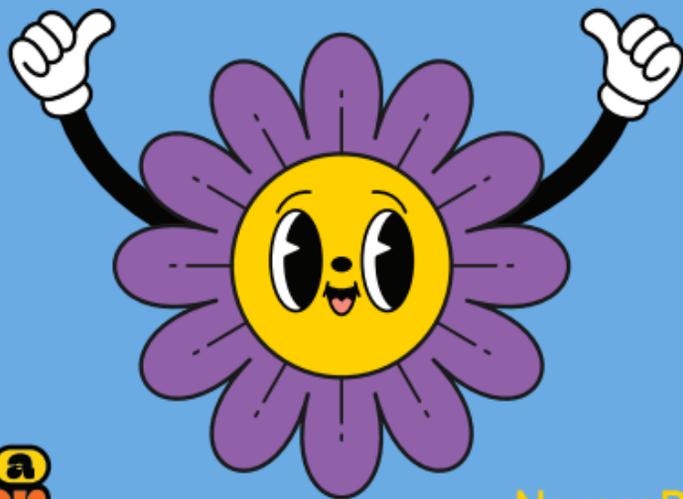


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Bother**

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Deep breaths.

*We can get through
today together.*

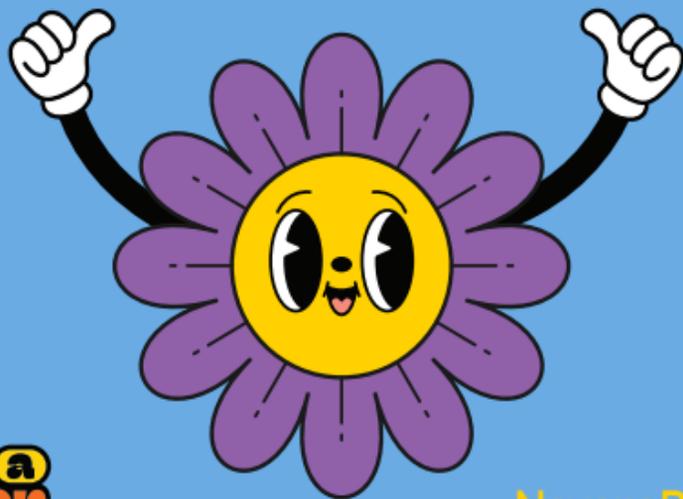


**Never a
Bother**

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*What you're going
through is real.*

I'm here to listen.

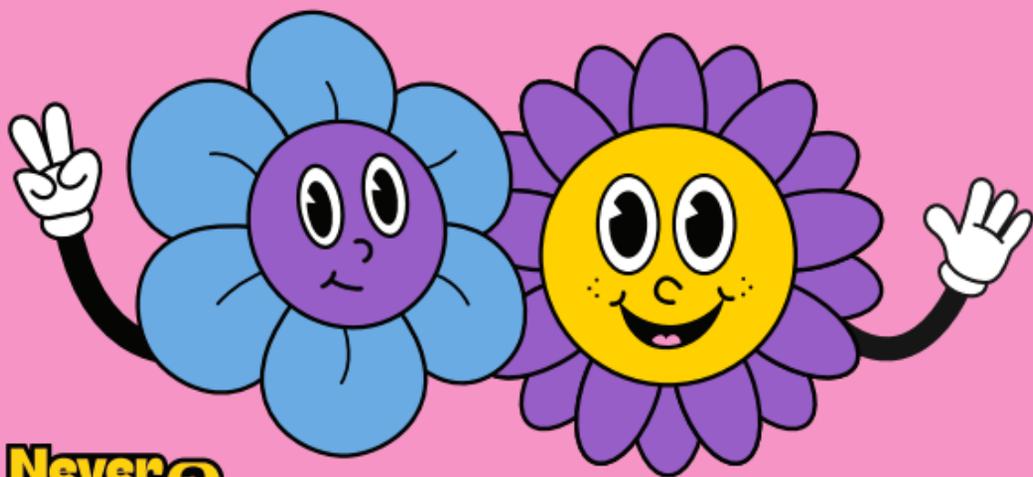


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Bother**

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*You're not alone, and
your feelings matter.*

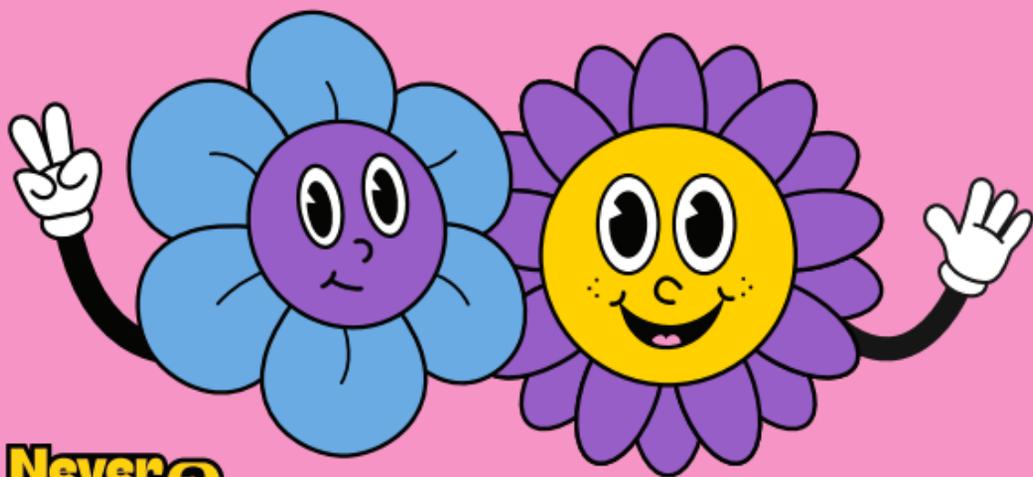
You can count on me.



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Bother**

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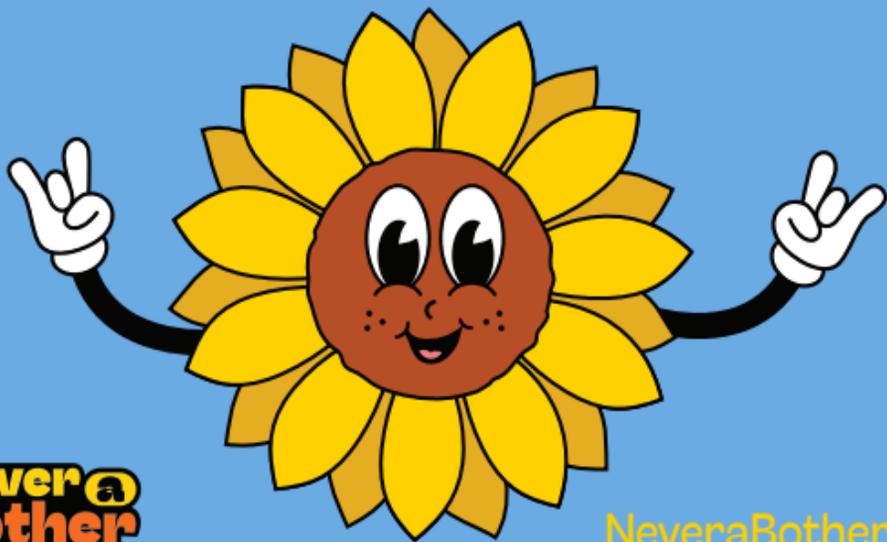
*I know it may not always seem like it, but **you can talk to me** about anything. Anytime, anywhere.*



**Never @
Bother**

NeveraBother.org

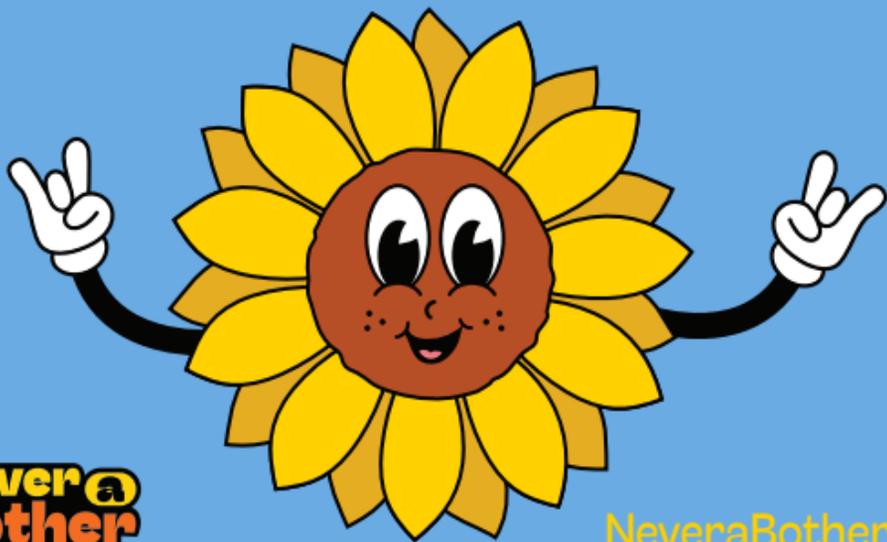
*You're never a bother.
I'm always here to listen
and help — judgment free.*



**Never a
Bother**

NeveraBother.org

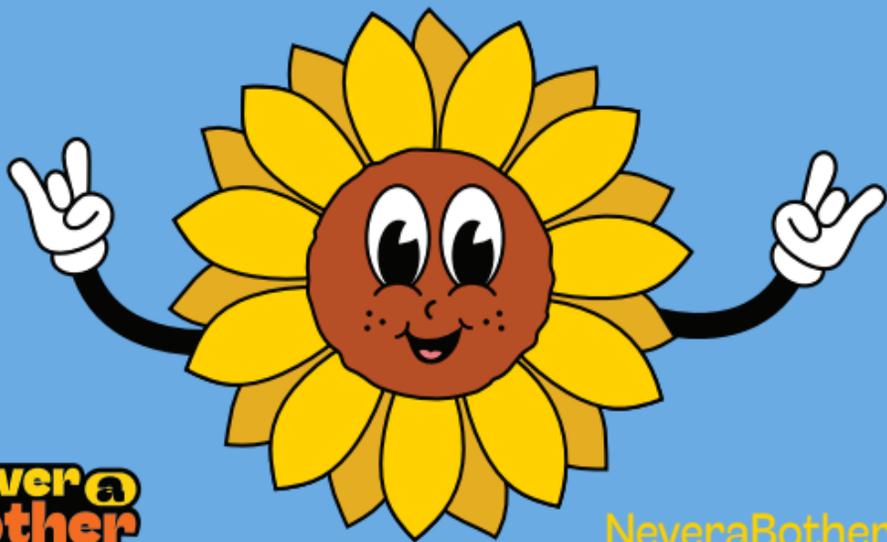
You matter!
*I care about how
you're doing.*



**Never a
Bother**

NeveraBother.org

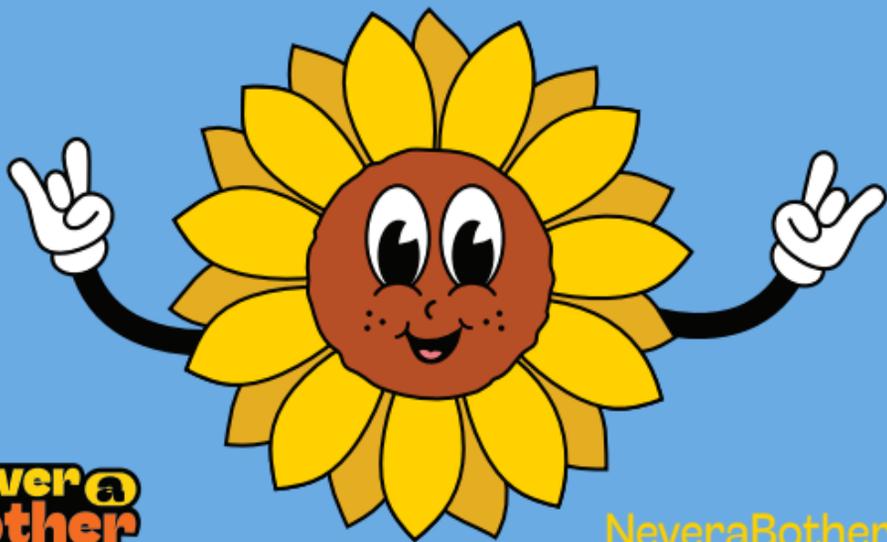
*You are **loved**
unconditionally.*



**Never a
Bother**

NeveraBother.org

*You're one of my
favorite people*



**Never a
Bother**

NeveraBother.org

*You're smart.
You're worthy.
You deserve to
be happy.*



**Never a
Bother**

NeveraBother.org

Use these cards for...



a low point



time to talk



positive affirmations