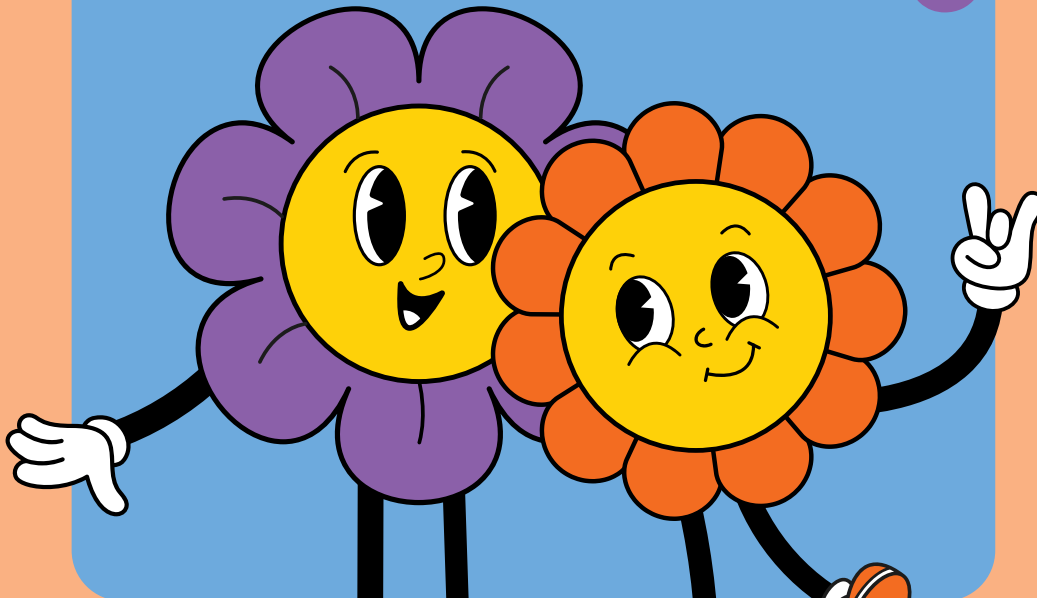


**Never a
Bother**

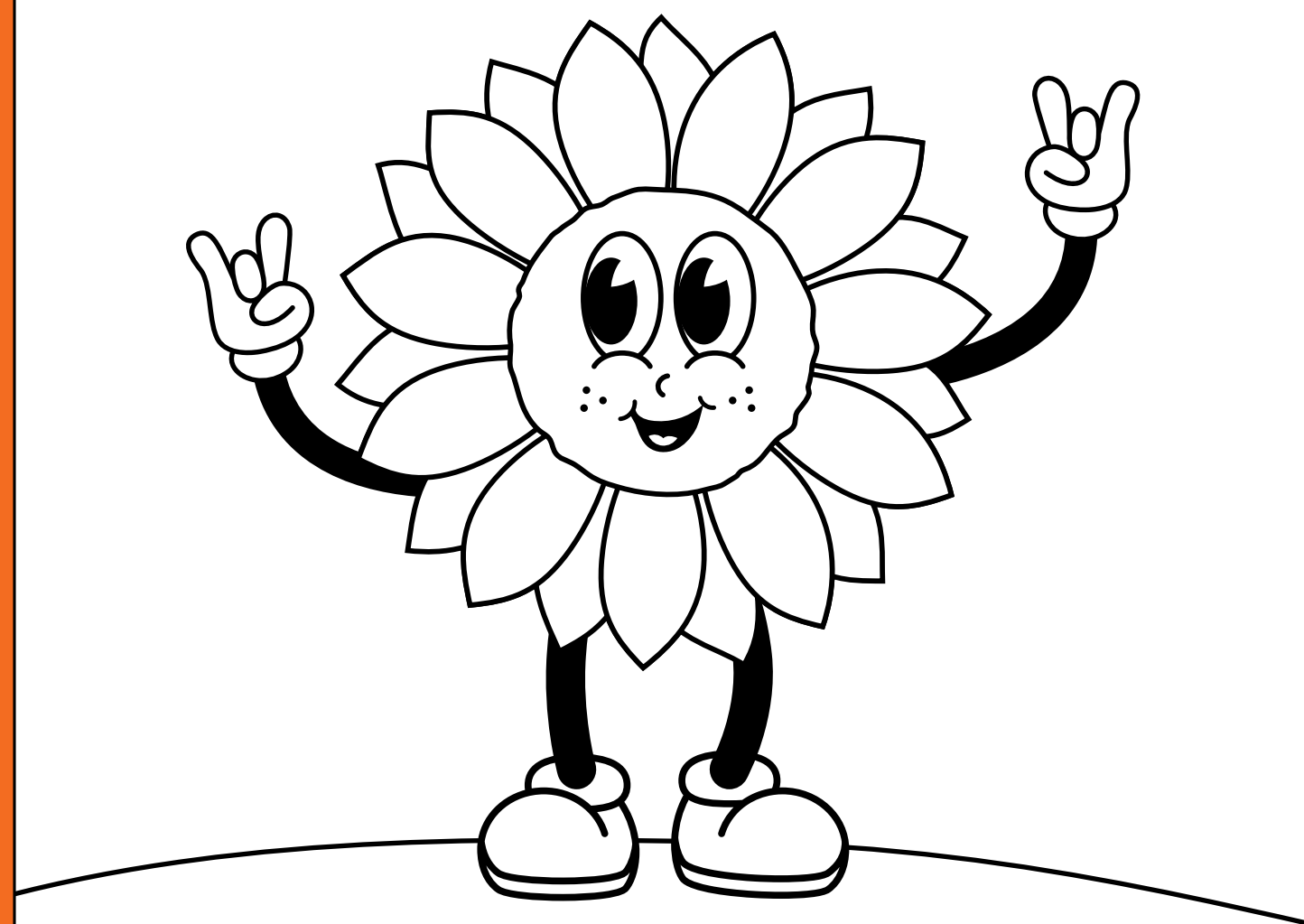


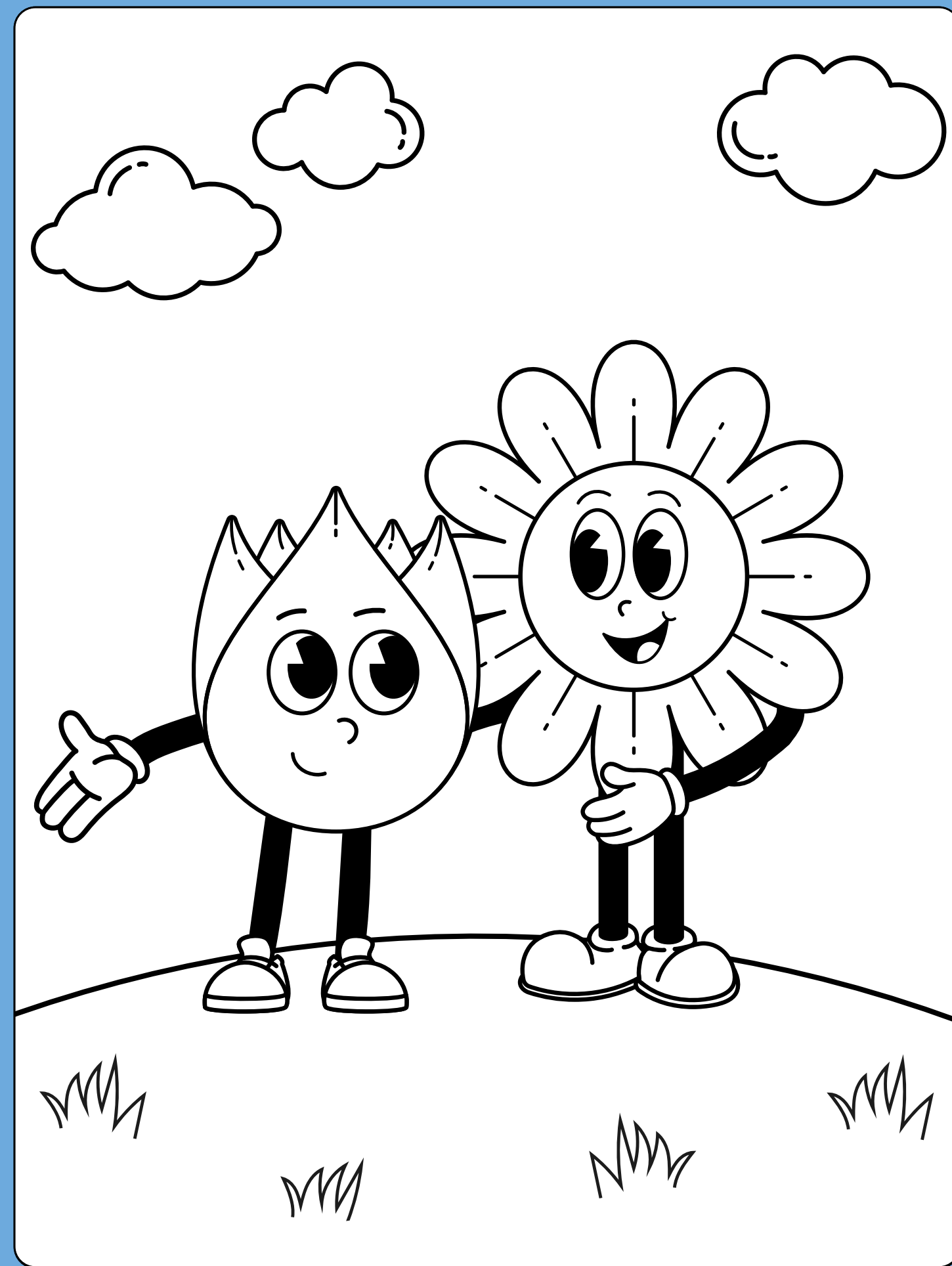
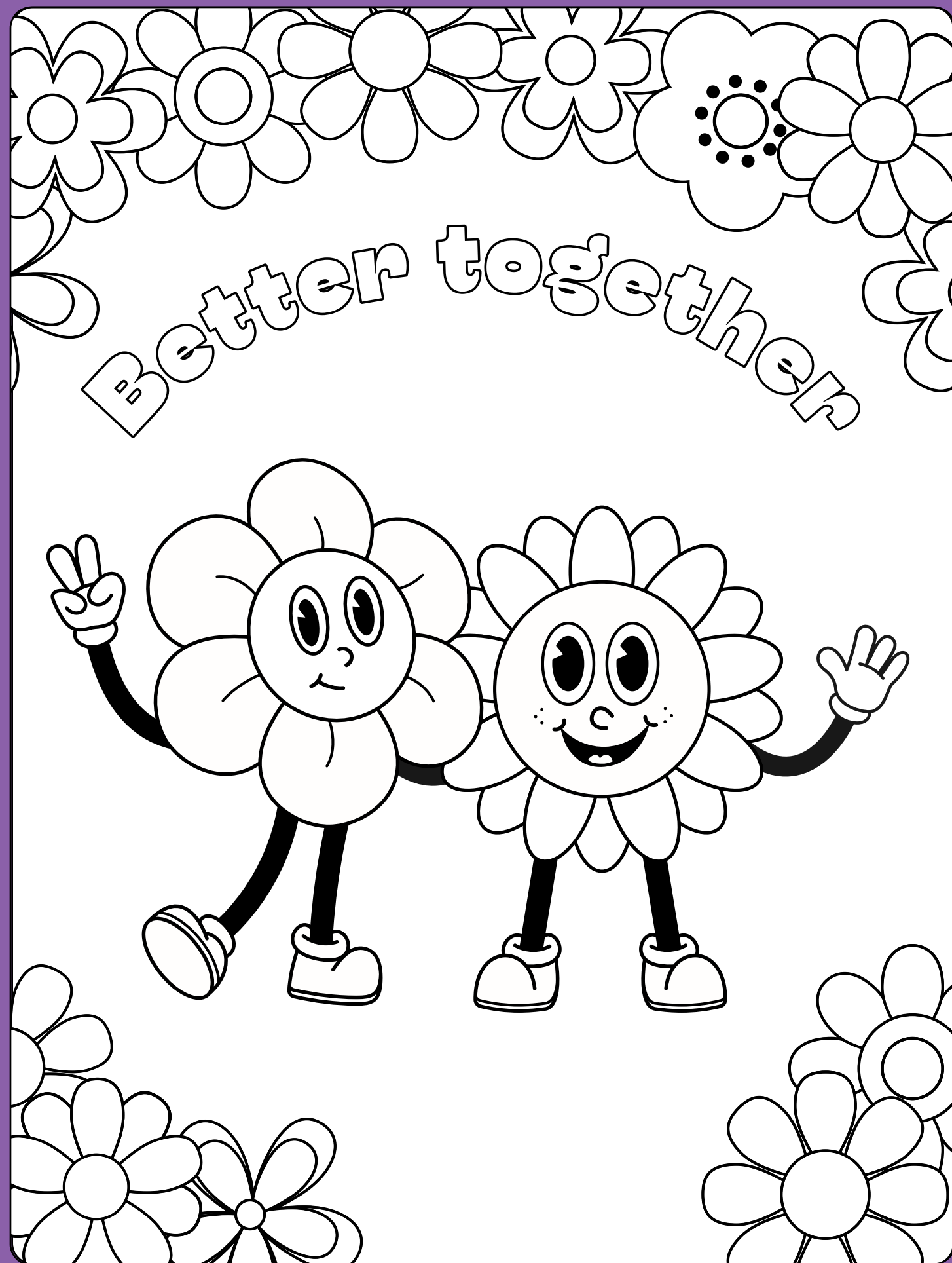
Never a Bother Activity Book

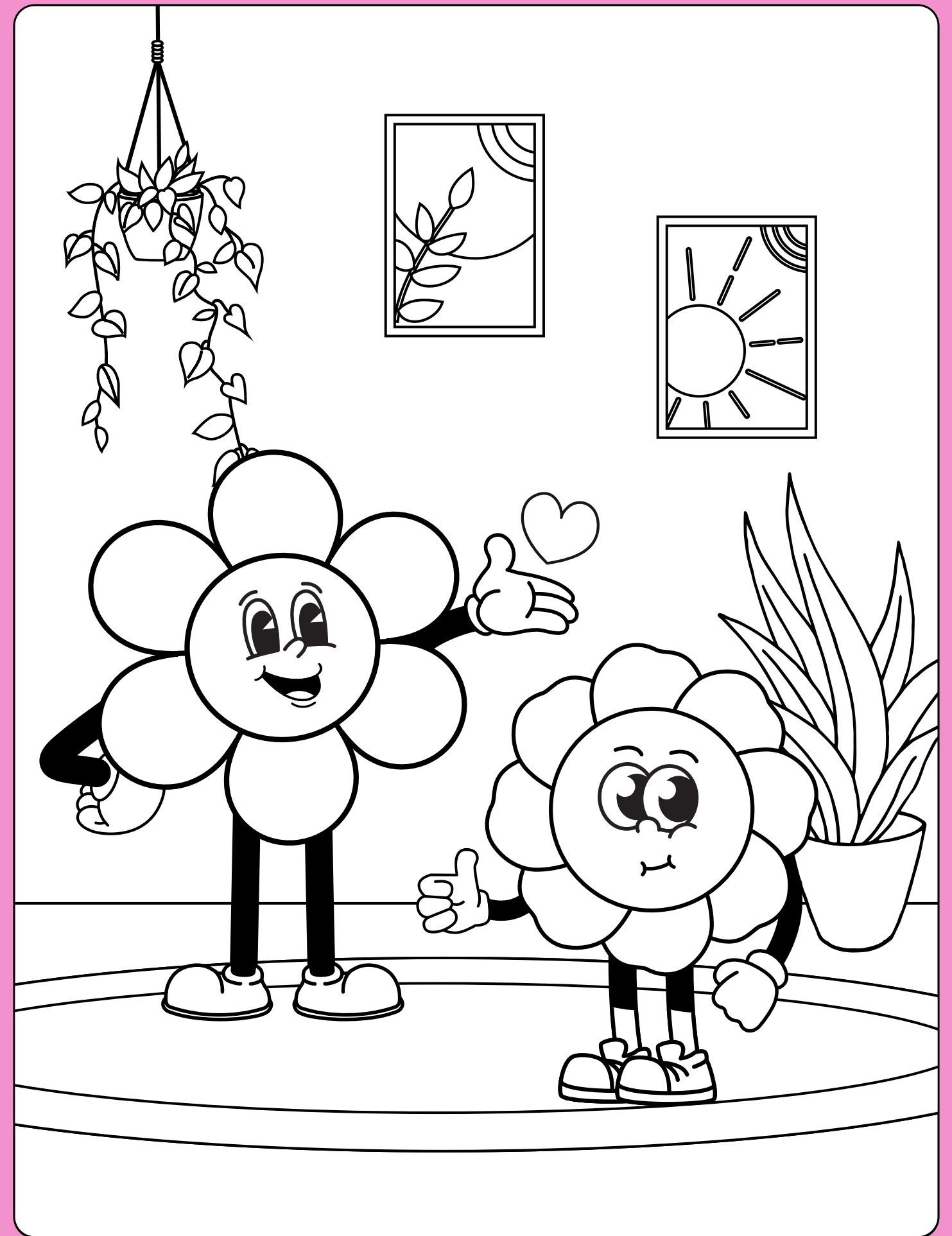
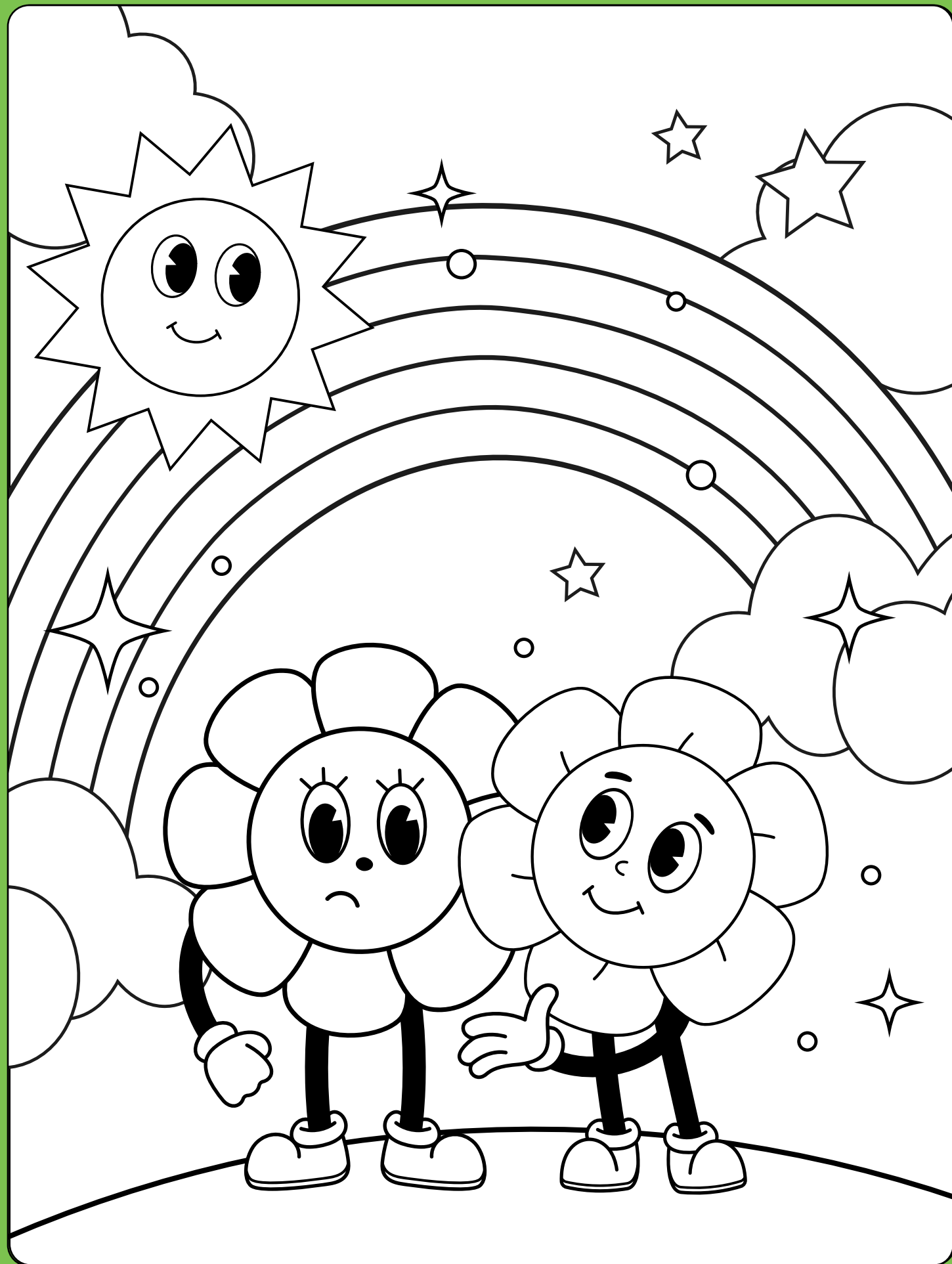


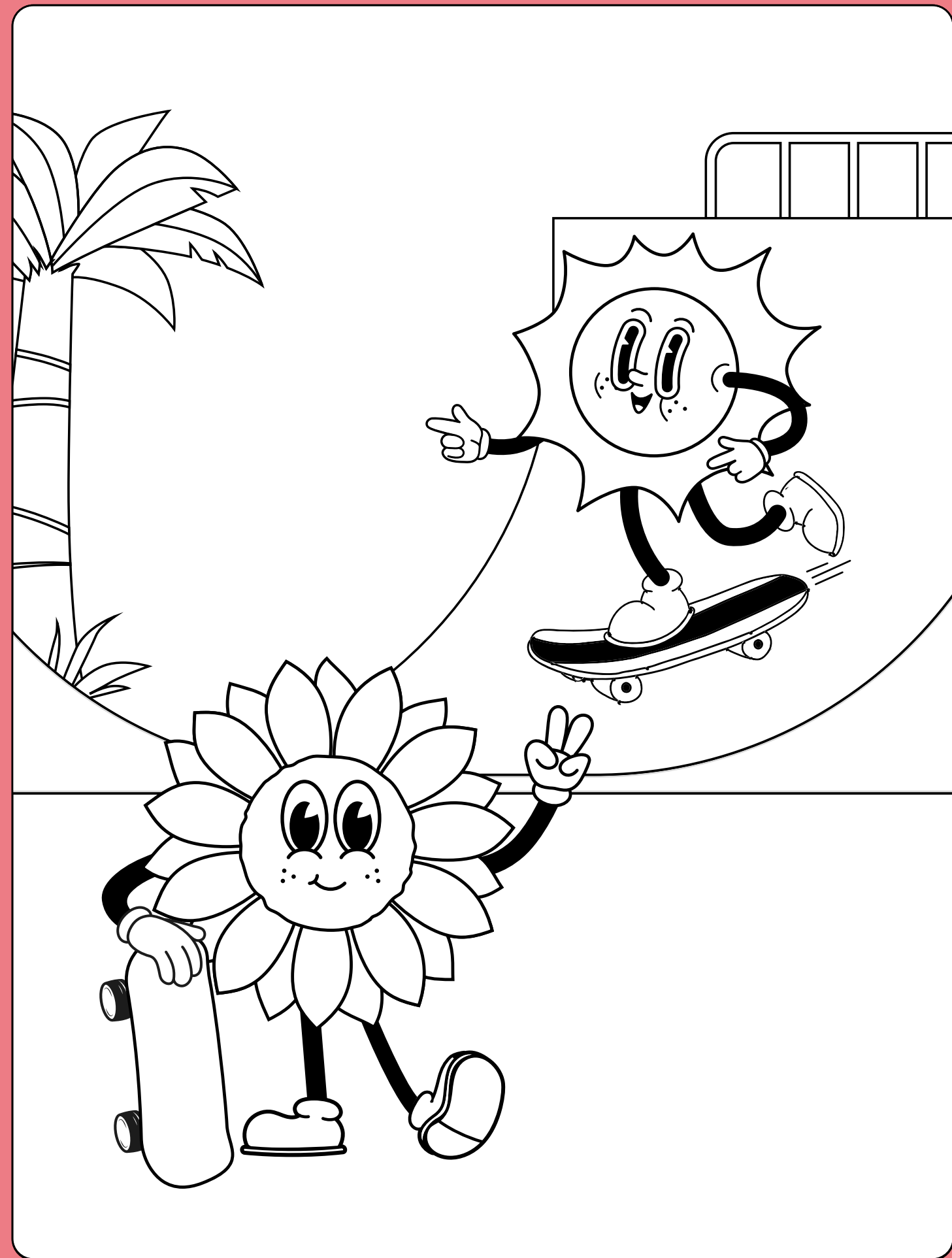
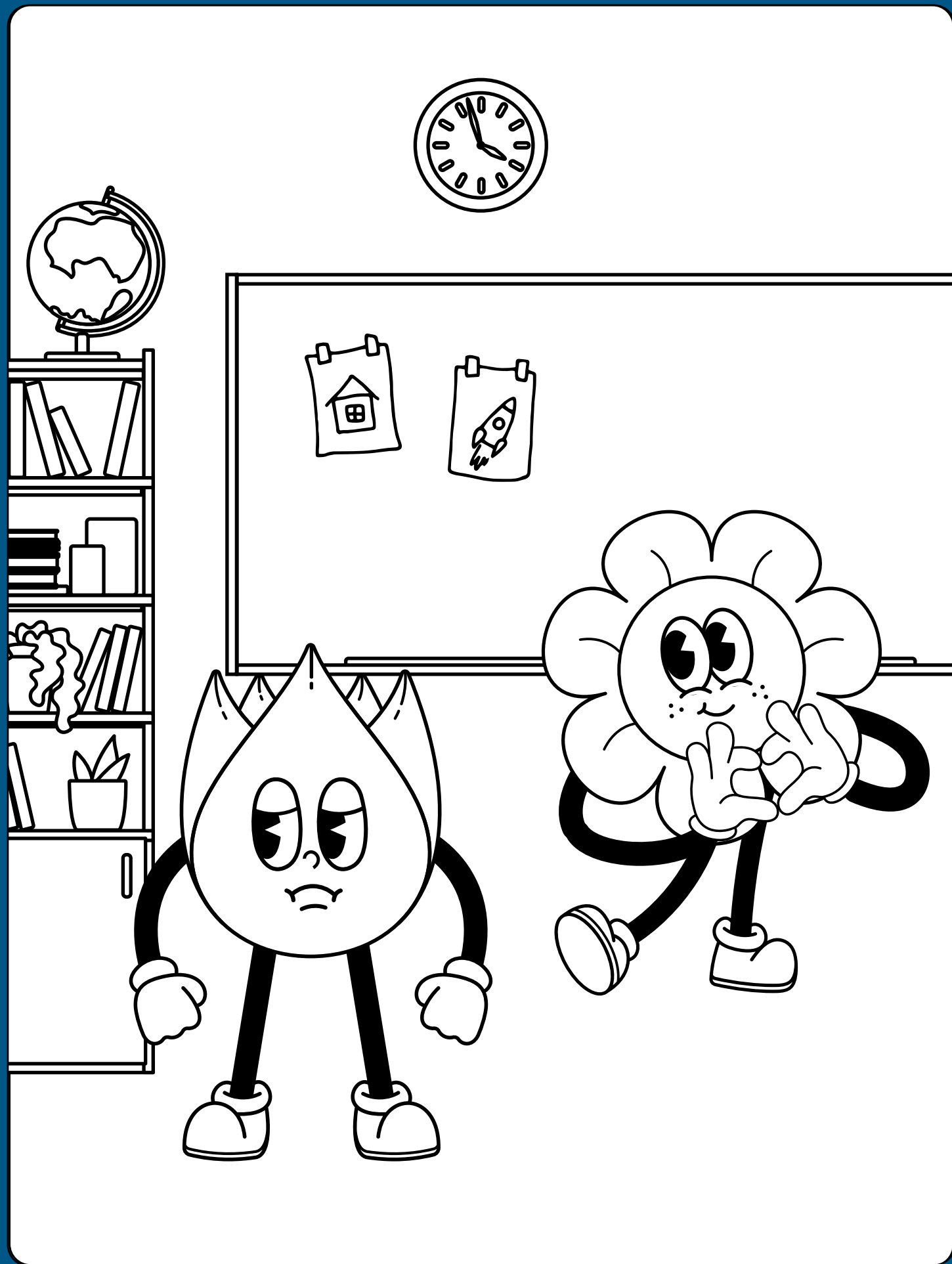


You are
never a bother!





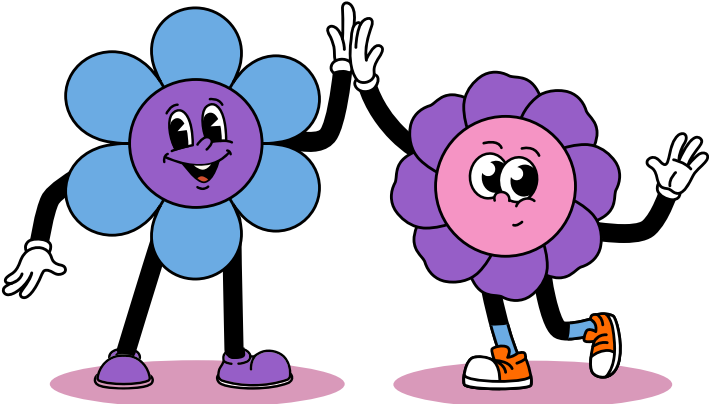




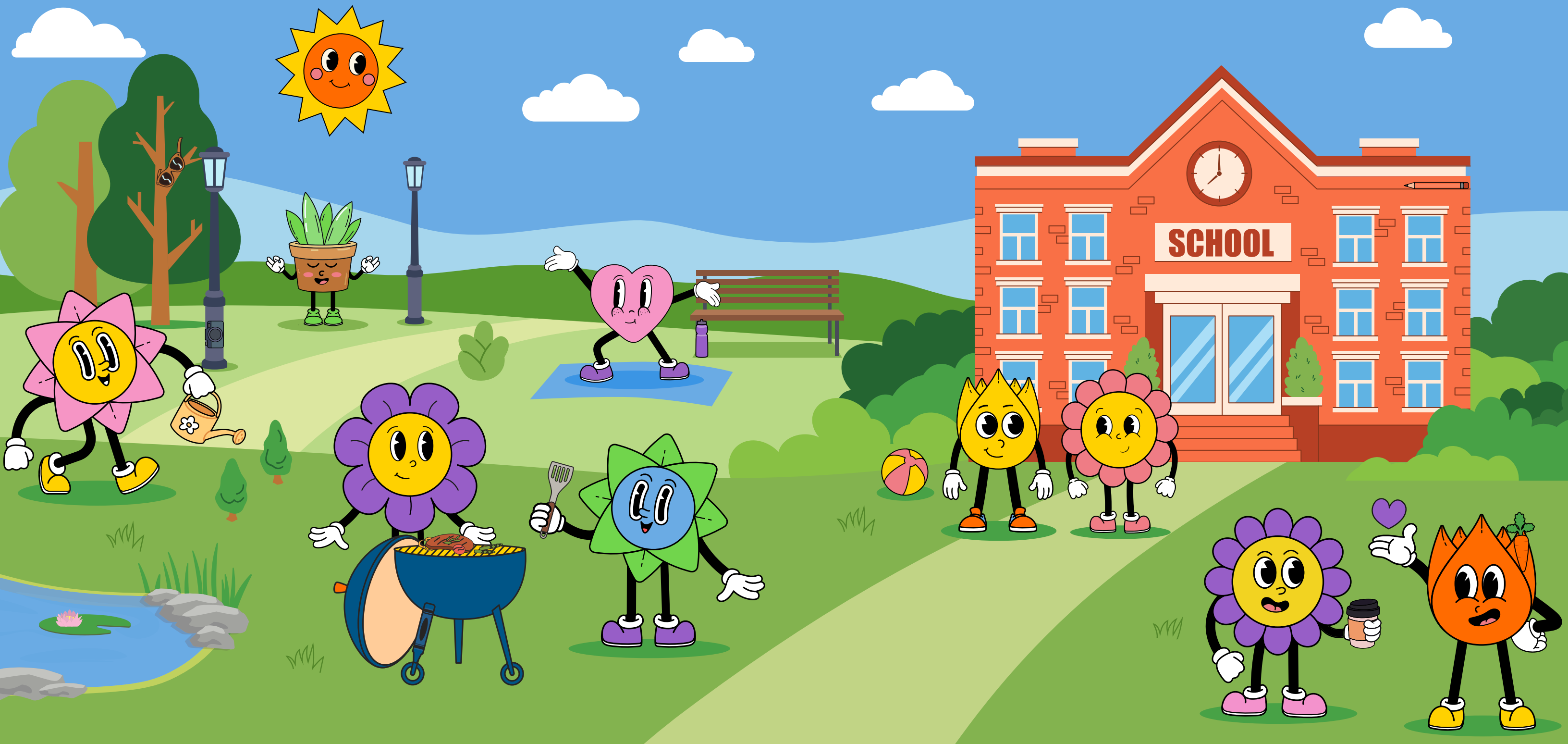
These 2 friends need to remind each other they're never a bother. Draw their paths so they can meet up!



When you're feeling hard emotions or need someone to talk to, who are 3 people you promise you'll go to?



Please sign your name or add your thumbprint to make this promise official.



Find and circle these 10 things in the picture above!

Every day is a good day to let someone know they're never a bother.



**Circle these emotions in the
word search.**

Happiness

Sadness

Anger

Fear

Surprise

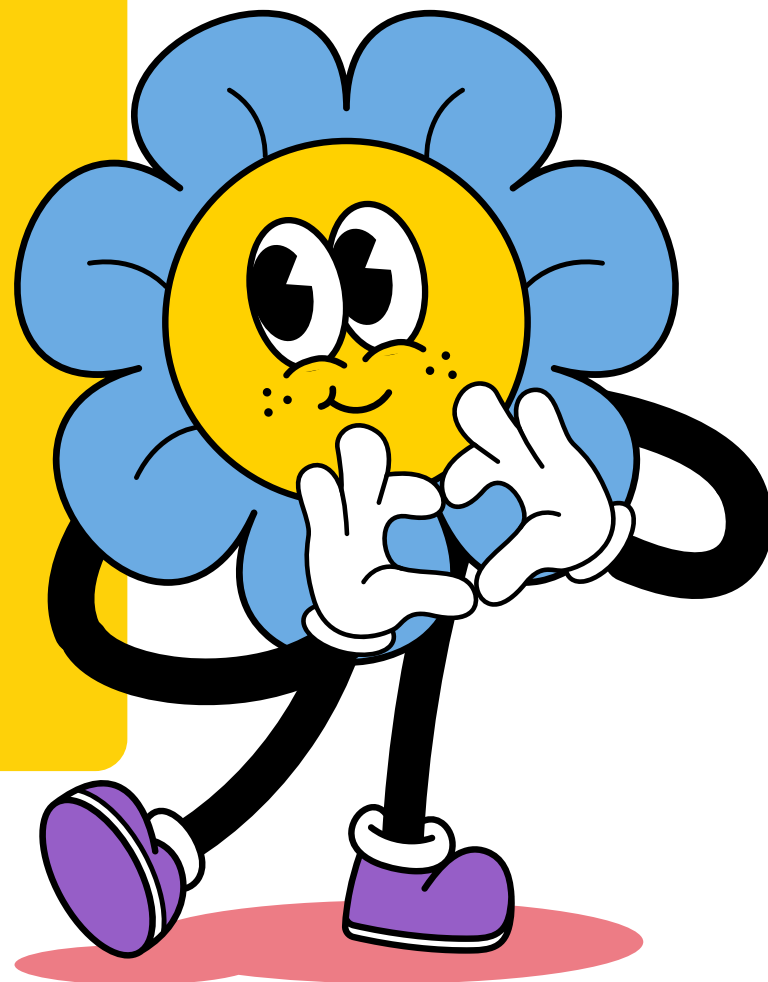
Disgust

Excitement

Frustration

Love

Confusion

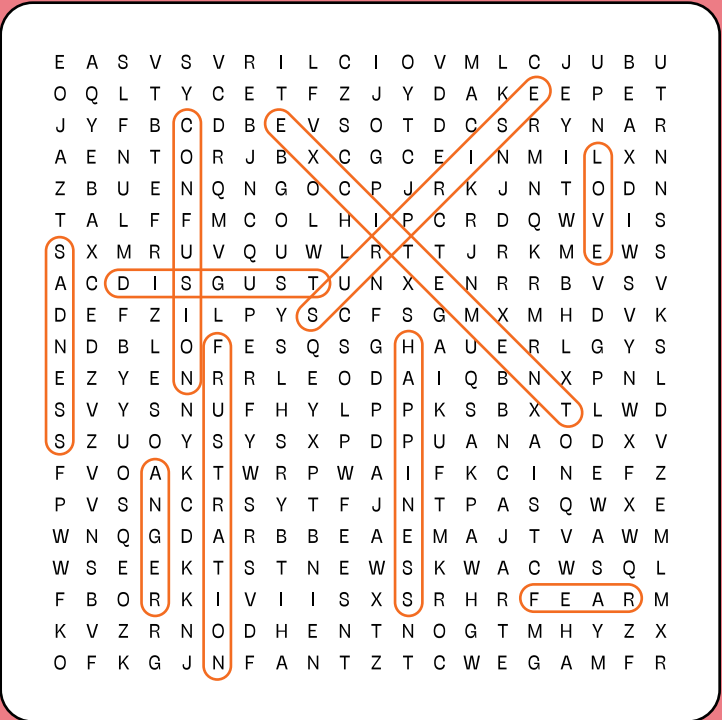
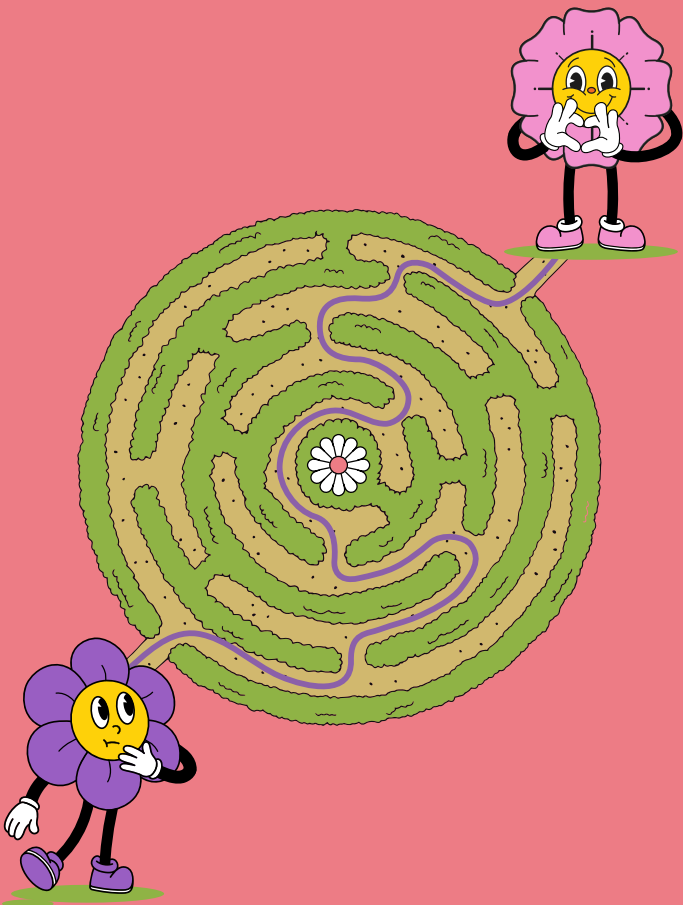
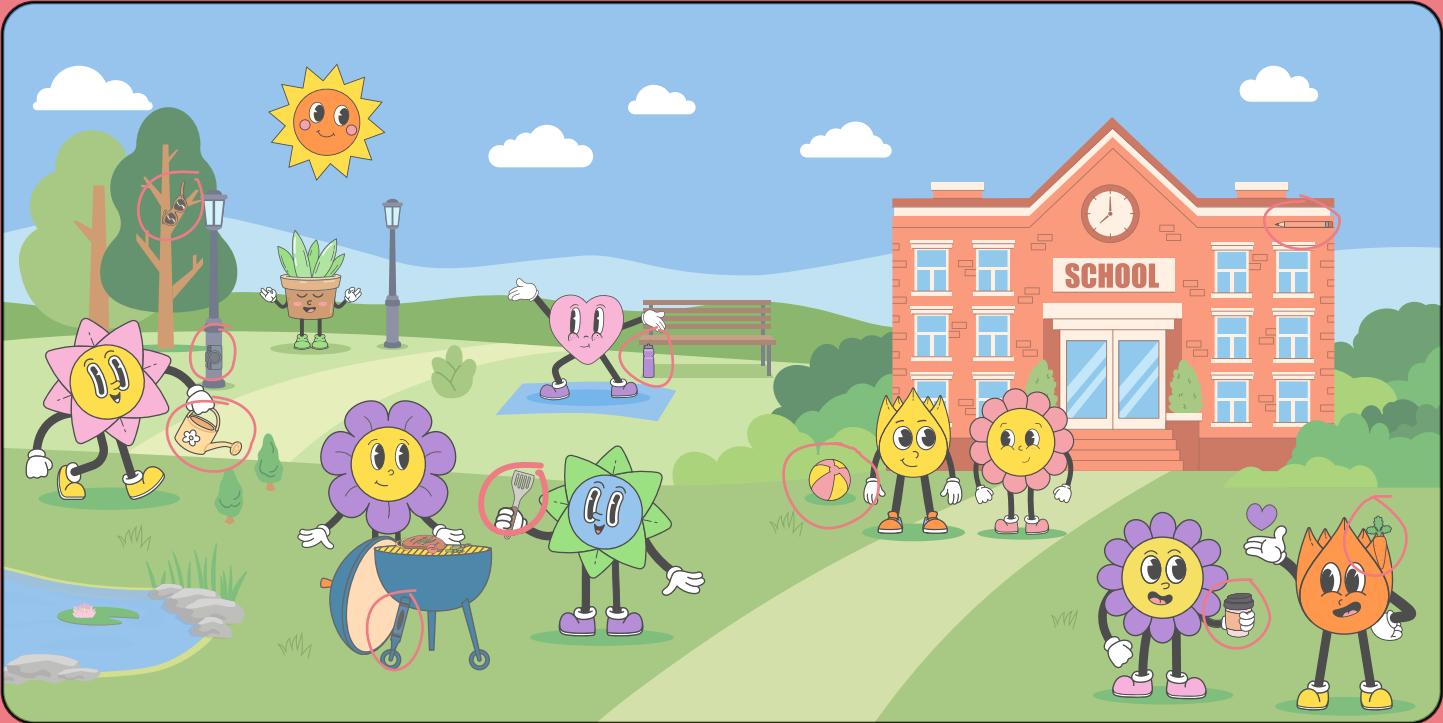


E	A	S	V	S	V	R	I	L	C	I	O	V	M	L	C	J	U	B	U
O	Q	L	T	Y	C	E	T	F	Z	J	Y	D	A	K	E	E	P	E	T
J	Y	F	B	C	D	B	E	V	S	O	T	D	C	S	R	Y	N	A	R
A	E	N	T	O	R	J	B	X	C	G	C	E	I	N	M	I	L	X	N
Z	B	U	E	N	Q	N	G	O	C	P	J	R	K	J	N	T	O	D	N
T	A	L	F	F	M	C	O	L	H	I	P	C	R	D	Q	W	V	I	S
S	X	M	R	U	V	Q	U	W	L	R	T	T	J	R	K	M	E	W	S
A	C	D	I	S	G	U	S	T	U	N	X	E	N	R	R	B	V	S	V
D	E	F	Z	I	L	P	Y	S	C	F	S	G	M	X	M	H	D	V	K
N	D	B	L	O	F	E	S	Q	S	G	H	A	U	E	R	L	G	Y	S
E	Z	Y	E	N	R	R	L	E	O	D	A	I	Q	B	N	X	P	N	L
S	V	Y	S	N	U	F	H	Y	L	P	P	K	S	B	X	T	L	W	D
S	Z	U	O	Y	S	Y	S	X	P	D	P	U	A	N	A	O	D	X	V
F	V	O	A	K	T	W	R	P	W	A	I	F	K	C	I	N	E	F	Z
P	V	S	N	C	R	S	Y	T	F	J	N	T	P	A	S	Q	W	X	E
W	N	Q	G	D	A	R	B	B	E	A	E	M	A	J	T	V	A	W	M
W	S	E	E	K	T	S	T	N	E	W	S	K	W	A	C	W	S	Q	L
F	B	O	R	K	I	V	I	I	S	X	S	R	H	R	F	E	A	R	M
K	V	Z	R	N	O	D	H	E	N	T	N	O	G	T	M	H	Y	Z	X
O	F	K	G	J	N	F	A	N	T	Z	T	C	W	E	G	A	M	F	R

What you're feeling is real!

Answer key

Because everyone needs a little help sometimes.



Resources

BrightLife Kids

Get coaching and mental health support — whether you’re a parent, caregiver, or kid (up to age 12) in California. Coaches are English/ Spanish bilingual and work in LGBTQ+ and BIPOC communities. Video or chat. Free, confidential, no insurance needed.
Hellobrightline.com/brightlifekids

Soluna App

Built for 13- to 25-year-olds in California, Soluna lets you chat 1 on 1 with professional coaches. Plus: free-writing journals, de-stressing tools, and forums where you can get and give advice (or vent). Free and confidential.
Solunaapp.com

988 Suicide & Crisis Lifeline

Open 24/7 and 100% free of charge. Confidential. Judgment free. Share only what you want. English and Spanish.
Call or text 988 to speak with a trained counselor who will listen without judgment and provide support 24/7.
For chat, go to 988lifeline.org/chat/

NeveraBother.org

Launched in 2024 by the California Department of Public Health’s Office of Suicide Prevention. The goal of Never a Bother is to prevent suicide among teens and young adults in California, while encouraging friends and caregivers to recognize the power they have to support someone before, during, and after a crisis.
Instagram: [@NeveraBother](https://www.instagram.com/NeveraBother)
TikTok: [@NeveraBother](https://www.tiktok.com/@NeveraBother)
Facebook: [Facebook.com/NeveraBotherCampaign](https://www.facebook.com/NeveraBotherCampaign)



Let's get better together.

Get help for yourself or a friend at **NeveraBother.org**



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