

# HOW CAN I SUPPORT YOU? *bingo*

**I see you**

**You don't have to  
go through this  
alone**

**When you are  
ready to talk, I  
am here to listen**

**It's ok, not to be  
ok**

**FREE**

**I'll be right here  
when you need  
me**

**You are not alone**

**Your feelings are  
valid**

**You don't have to  
be so strong**

*actuallyican.net*

*Actually,*  
**ICAN**