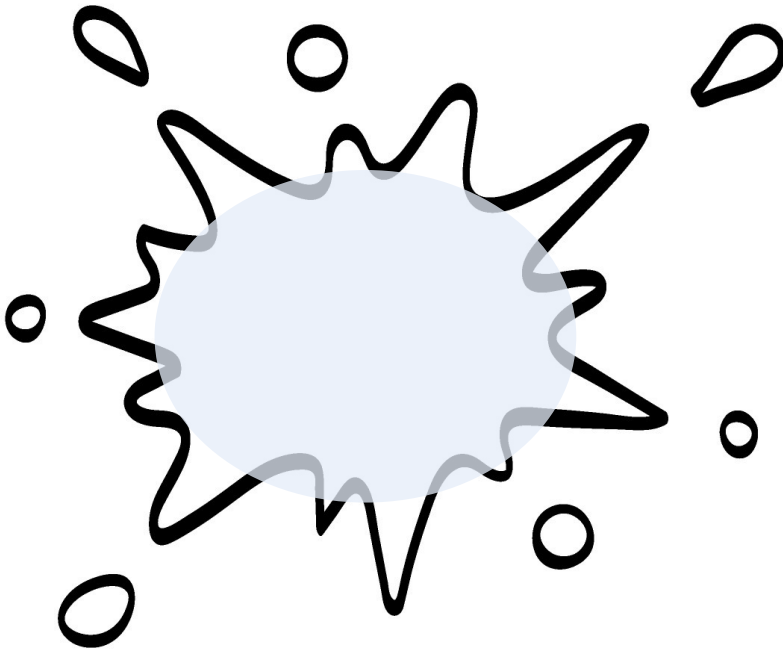


DON'T GO IT ALONE!

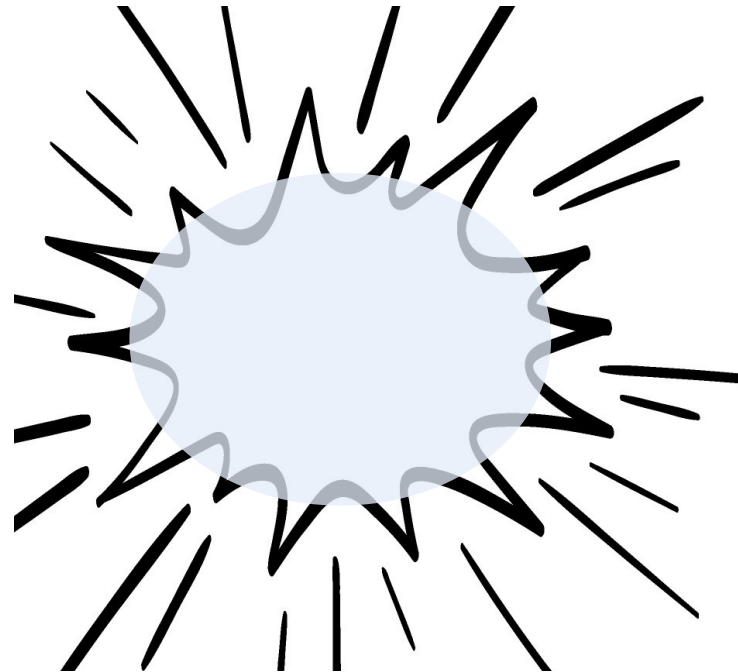
Rather than relying solely on yourself to get through difficult situations, build a trusted support network around you that you can turn to for assistance.

What's in your network for different areas of your life?

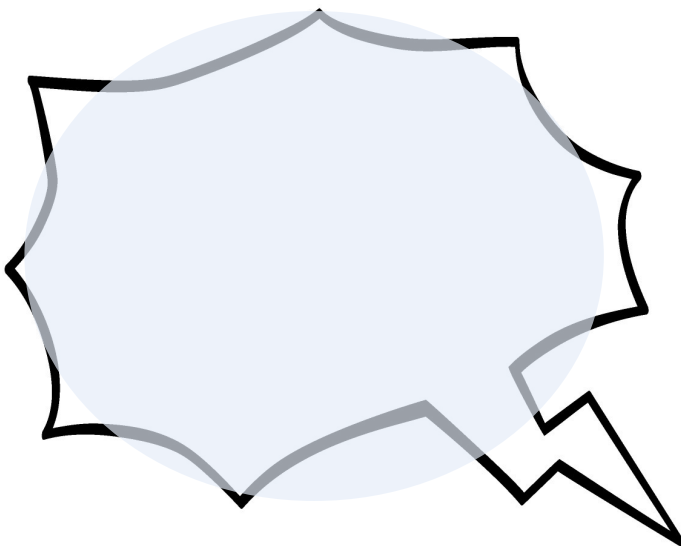
FAMILY



FRIENDS



PROFESSIONAL



WORK/SCHOOL

