



WORLD MENTAL HEALTH DAY

October 10th, 2024

**REMEMBER,
IF YOU'RE NOT SPEAKING IT,
YOU'RE STORING IT,
AND THAT GETS HEAVY.**

Find support here: 



Text **BURNTCHEF** to **85258 (UK)**

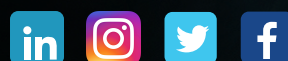


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