

**BREAK
THE
STIGMA**



“We must remember that, though it may feel like it, we are never so far away that we can’t reach out to someone near to us. That someone wants us to ask for help.”

- Dr. Deborah J. Atkins
EAP Administrator

“If anything, life is starting over now... I am going to be OK. I have survived a lot which has made me far from fragile.”

- Julia Amburgey
suicidepreventionlifeline.org

Get help now:

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