

know your worth

our minds
matter

Affirmations I can say to remind myself of my worth:

1.

2.

3.

because *You* **matter.**



call 988

Suicide & Crisis Lifeline



text MIND to 741741

Crisis Text Line

love yourself first

our minds
matter

Actions I can take to show myself the love I deserve:

1.

2.

3.

because *You* **matter.**



our.minds.matter
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program@ourmindsmatter.org
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