

HOW DOES IT FEEL **THROUGH**  
TO SHARE AND **DIVERSITY,**  
**LISTEN** **CONNECTION AND**  
**SUPPORT WE CAN**  
**DO ANYTHING!**



**GIVES US PERSPECTIVE**  
**WEIGHT OF OUR SHOULDERS**  
**TO TALK!**

WHAT MAKES THIS CHAIN  
**STRONG?**

**POWER IN NUMBERS**  
**1 STEP COMMUNITY**  
**BEHIND YOU**  
**BETTER TOGETHER**  
**WE ARE ALL FRIENDS HERE**

YOU  
AREN'T  
ALONE  
IN YOUR  
STRUGGLES  
AS WELL  
AS YOUR  
SUPPORT



# 1st step



How does this cup of water represent our emotions everyone had the same cups - but we all experience things **DIFFERENTLY** The weight of the cup seemed to get heavier with time

How can we help our friends to **SHARE THE WEIGHT**

open mind + heart so even if we don't realize we need help, others can see it ♡

## EMPATHY

Why do people use tobacco?  
to fit in, depression  
Stress - NICOTINE  
can amplify  
feelings of  
anxiety and  
depression



# ASK

acknowledge

a conversation HELPS SO MUCH!

SUPPORT

- LISTEN and offer empathy!

Keep in TOUCH

- CHECK IN MORE than once

THIS HELPS SO MUCH!

