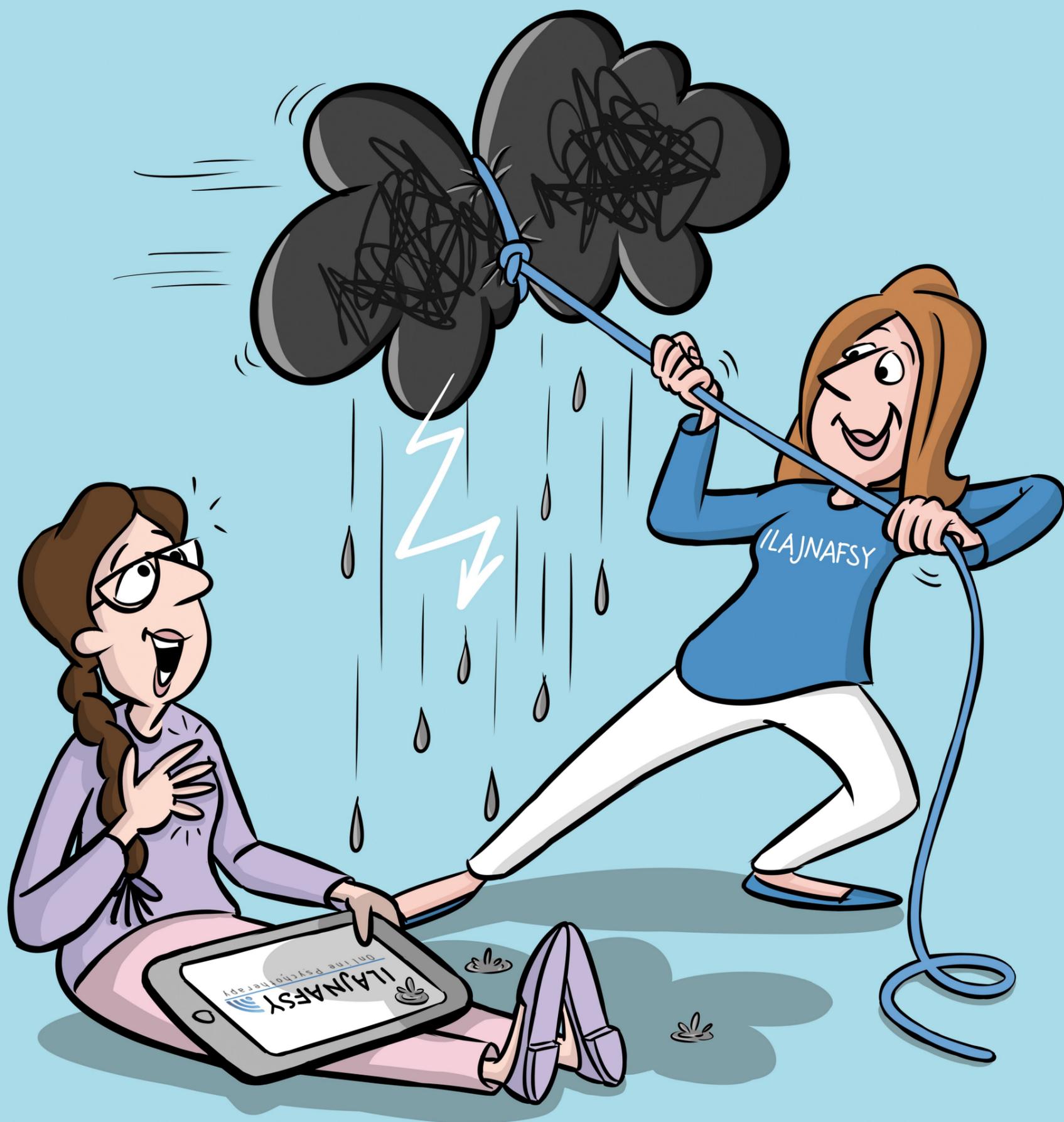


# IT'S OK TO ASK FOR HELP.

You don't have to fight your battle alone.

Write us.



To learn more about mental health &  
to get help, visit [www.ilajnafsy.org](http://www.ilajnafsy.org)