MY FRIEND COULD TELL I WAS IN A DARK PLACE.
STAND TOGETHER
THRIVE TOGETHER
You can help someone who's suffering by talking, listening and being there.
Learn how you can help,
visit nyc.gov/nycwell
Thrive NYC
NYC

MY FAMILY DOESN'T TALK ABOUT FEELINGS, BUT MY SON KNEW I WAS HURTING.
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WE COULD TELL OUR DAUGHTER WASN'T HERSELF.
TALK TOGETHER THRIVE TOGETHER
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MY CO-WORKER SAW I WAS STRESSING ABOUT EVERYTHING.
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MY BROTHER NOTICED HOW ISOLATED I HAD BECOME.
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