



# You are *never* a bother.

Whether you're going through a low point, a crisis, or something you can't put into words, you deserve real caring non-judgmental support.

Maybe it's a trusted friend. Or a counselor. They're just a text or call away — they can help you find your “why” to keep going.

**And they want you to know you're never a bother.**



**Let's get better together.**

Get help for *yourself* or a friend at [NeveraBother.org](https://NeveraBother.org)