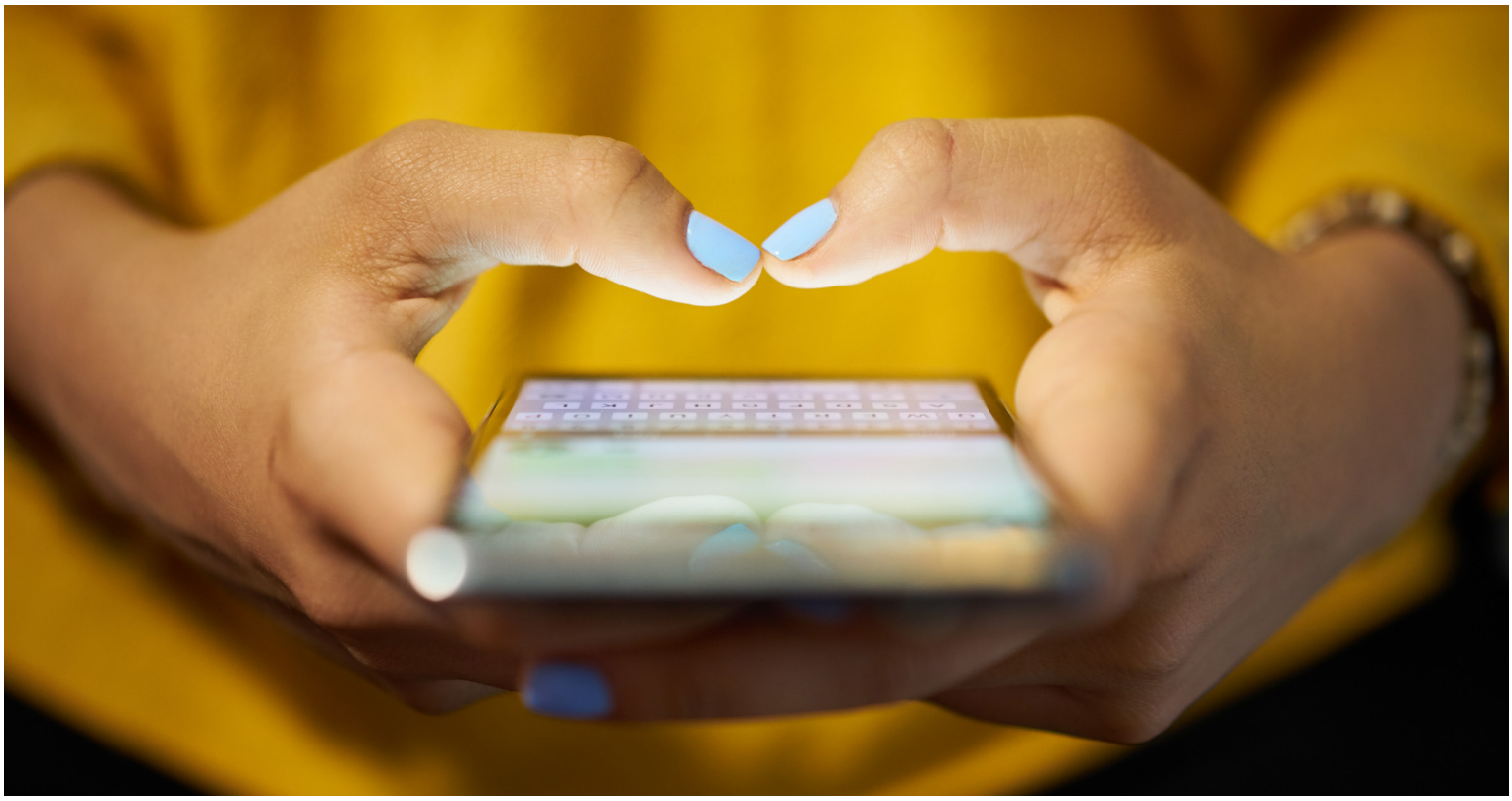

BeSafe

by mindyourmind

- Create a safety plan
- Connect with mental health and addiction resources
- Be prepared in a crisis

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