

active  
minds  
changing the conversation  
about mental health  
activeminds.org

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*I'm grateful for you.*

*You mean the world to me.*

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*You make the world a better place.*

*The world needs you here.*

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*I'm here for you.*

*Did you know that sea otters  
hold hands when they fall asleep  
to keep from drifting apart?*

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