

Healing Happens Here 

Affirmation from Older Me to Younger Me:

"You are not broken — you are becoming. Everything you've survived made you powerful, not pitiful. Keep showing up. I'm so proud of you."

Mental Health Resources & Hotlines

Resource	Contact Info
National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Crisis Text Line	Text HOME to 741741
SAMHSA Treatment Referral	1-800-662-HELP (4357)
NAMI HelpLine	1-800-950-NAMI (6264)
Detroit Wayne Integrated Health Network	1-800-241-4949
Michigan Mental Health Resources	www.michigan.gov/mentalhealth

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There is no greater agony than bearing an untold story inside you 

