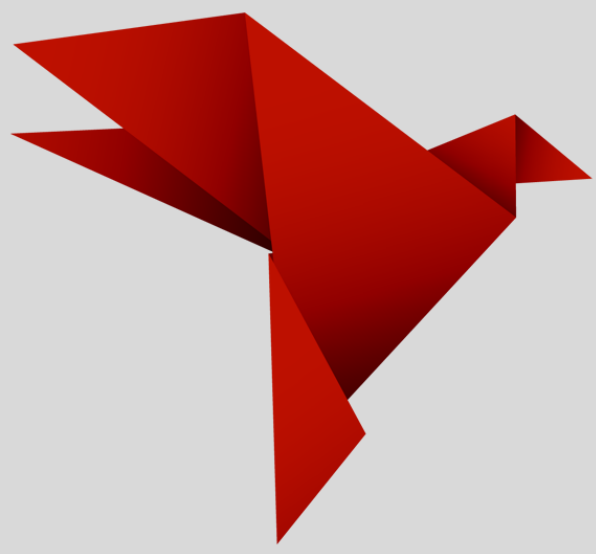


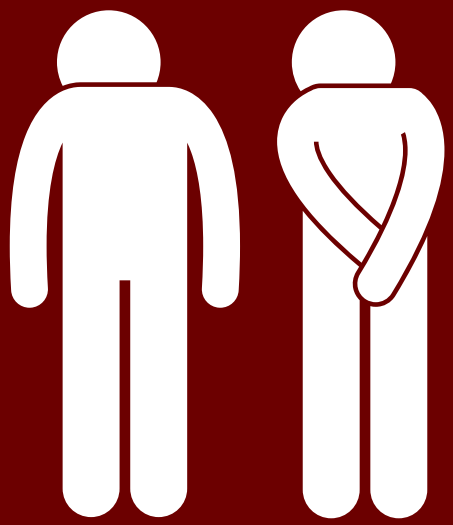


Signposts

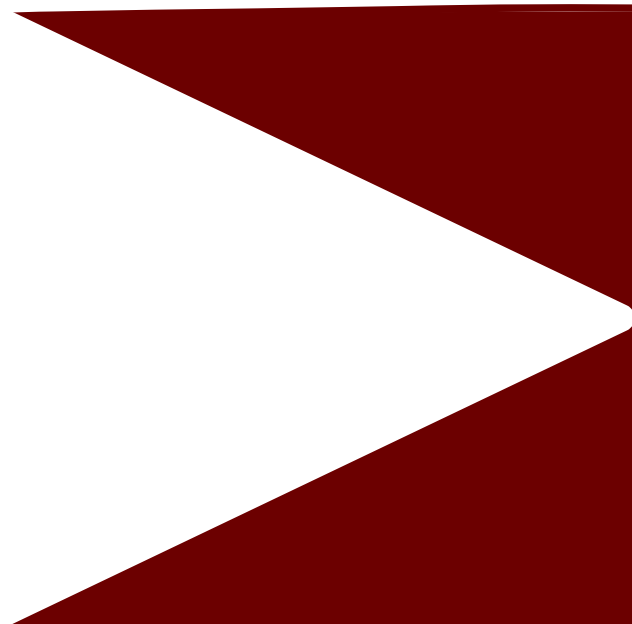
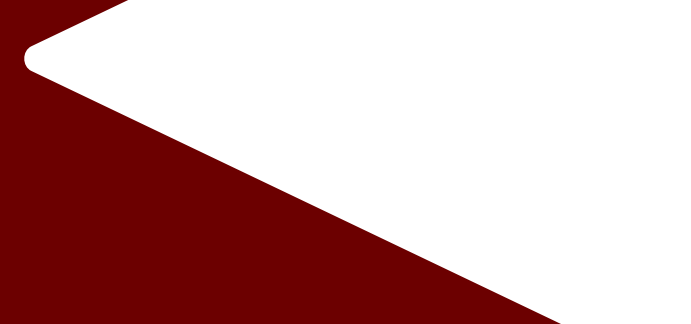
Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

Are you at a crossroads within a *Relationship?*

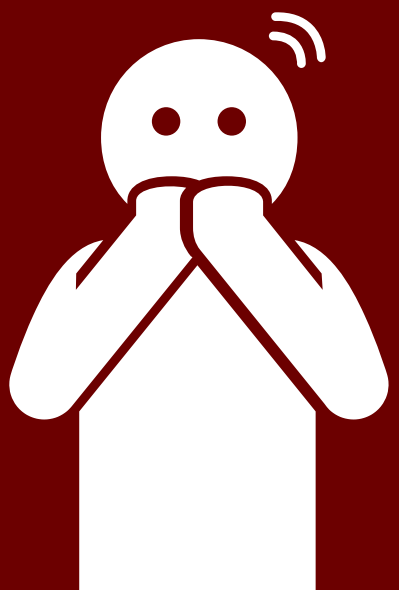
Questions to ask yourself:



Does this person make you feel guilty when spending time with other friends or family?



Does your relationship go through frequent and dramatic highs and lows?



Would you be nervous about telling this person if they made you feel uncomfortable?



Remember and consider:

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
- Reach out if you're having a difficult time.

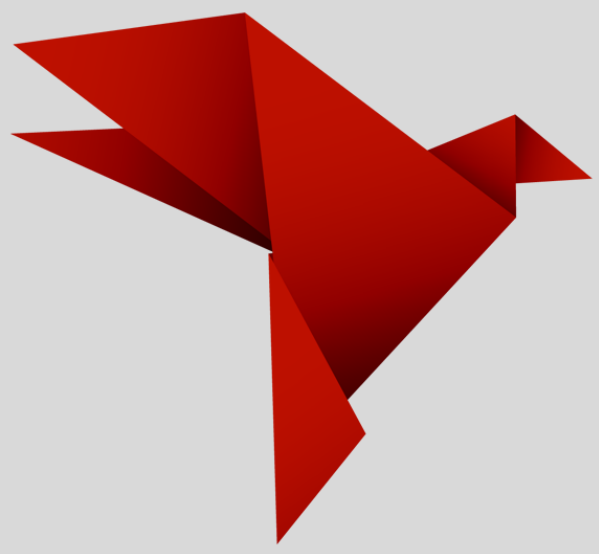
Crisis Resources:



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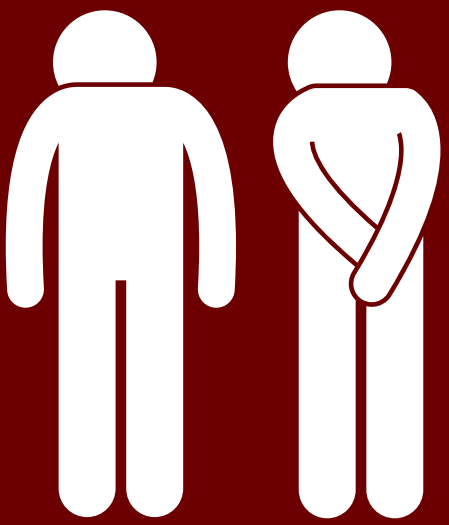


Signposts

Provide helpful information when we are at a **crossroads** with our **mental health** or **well-being**.

Are you at a crossroads within a *Relationship?*

Questions to ask yourself:



Do you feel like you can speak up in your relationship when there are issues?

Do you often feel overwhelmed, like you hardly have time to take care of yourself?



Does this person put you down or make fun of you? Do they then tell you that you are being too sensitive?

Remember and **consider:**

- You are not alone.
- Your problems and feelings are valid and important!
- Help is out there.
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