

Strength. Determination. Grit.

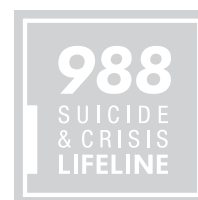
CHARACTER TRAITS THAT GET HARD WORK DONE.

The same traits can be a
barrier to asking for help.

STANDUP
FOR SUICIDE PREVENTION



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**IT'S OK TO NOT BE OK. BE BRAVE – SPEAK UP
FOR YOUR TEAM. SPEAK FOR YOURSELF.**
