Take me.

You make today better.

Take me.

The world is filled with many nice people.
If you can't find one, be one.

Take me.

Go forward with courage.

Take me.

Life has its challenges.
You don't have to solve them alone.

Take me.

I am worthy of love
and I will love myself no matter what.

Take me.

You are worthy as you are.

Take me.

You are braver and stronger
than you think.

Take me.

Don't wait. Reach out!

Take me.

Make yourself proud.

Take me.

It's okay if it's taking longer
than you thought.

Take me.

Ignoring your emotions is like being lost
in the woods and hiding
your compass from yourself.

Take me.

There is a powerful moment in life when
you either decide to tolerate life the way
it is or decide to be brave and change it.

Take me.

Talk to yourself like someone you love.

Take me.

It's okay to take a break.

Take me.

Happiness is an inside job.

Take me.

Nothing is stronger than
a small hope that doesn't give up.

Take me.

It is enough to do my best.

Take me.

It's ok to ask for help.
Call 988, then Press 1
for the Veterans Crisis Line.

Take me.

Progress not perfection.

Take me.

You are enough and more.

Take me.

You are capable of amazing things.

Take me.

It's okay to not be okay.

Take me.

Nothing is impossible.

Take me.

Prioritizing your mental health
is an act of courage.

Call 988 & Press 1 for the Veteran's Crisis Line

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Take me.

Once a warrior,
always worthy of care.

Take me.

You served. You matter.
You are not alone.

Take me.

Warriors carry weight.
Let someone carry it with you.

Take me.

The mission continues
— starting with you.

Take me.

Real strength asks for help.
Call. Text. Reach.

Take me.

Battle-tested. Still here.
Still worth fighting for.

Take me.

You made it home. Stay here.
We need you.

Take me.

Even the strongest soldier
needs a hand sometimes.

Take me.

Someone crocheted this
with you in mind.

Take me.

Made by civilian hands.
For warrior hearts.

Take me.

This heart traveled to find you
— because you matter.

Take me.

You gave years of your life. Let someone
give you a moment of theirs.

Take me.

Healing is like fingerprints
— unique for everyone.
~Dr. Chelsea Rothschild

Take me.

Coping is not healing.
~Dr. Chelsea Rothschild

Take me.

You didn't serve alone.
You don't have to recover alone.
~Dr. Chelsea Rothschild

Take me.

Behind every uniform is a whole human.
Check on them.

Take me.

Love the veteran. Support the family.
Nobody fights alone.

Take me.

Veteran. Human. Worthy.

Take me.

You survived.
Now let yourself live.

Take me.

Still standing. Not alone.

Take me.

Home is here. So are we.

Take me.

Go forward with courage.

Take me.

You didn't serve alone.
You don't have to recover alone.
~Dr. Chelsea Rothschild

Take me.

Coping is not healing.
~Dr. Chelsea Rothschild

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