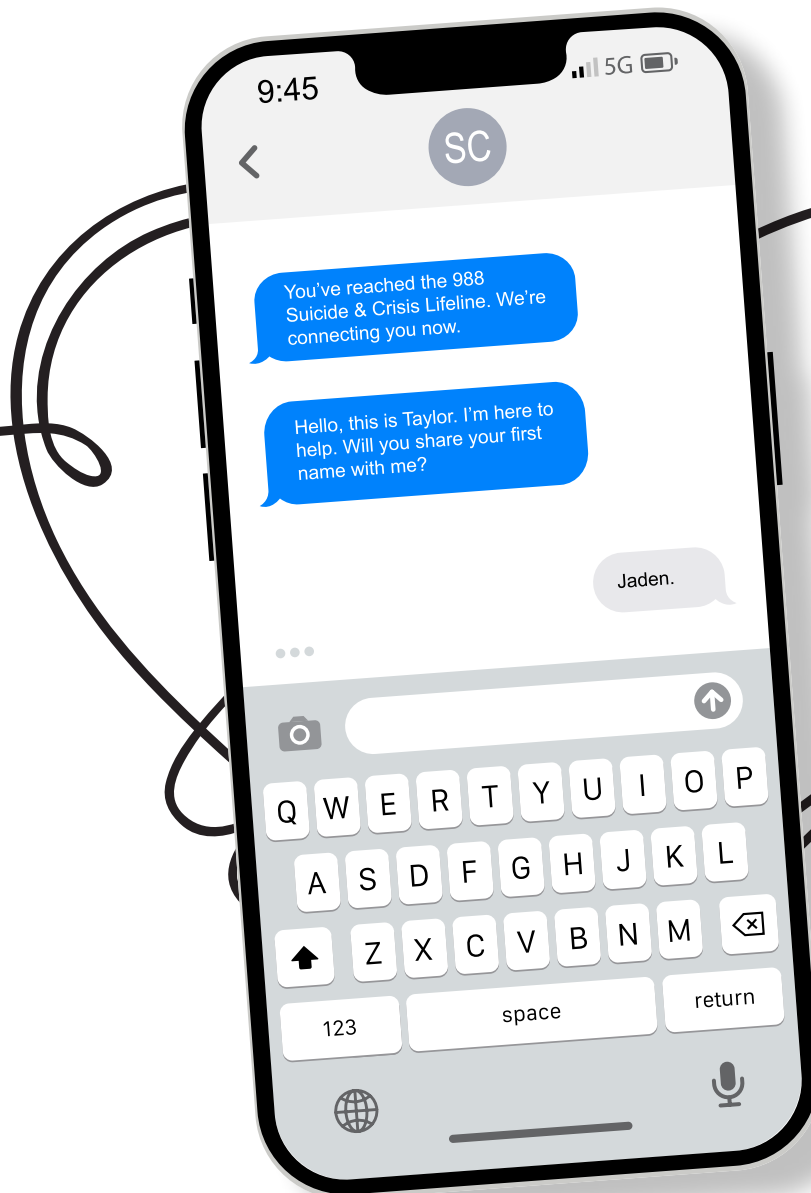


# YOU ARE NOT ALONE.

There's help, and there's hope.



If you struggle with depression, anxiety or bullying, reach out. **Call or text 988.**

The 988 Suicide & Crisis Lifeline is confidential, and help is available 24/7. If a loved one is struggling, encourage him or her to reach out, or you can call to find local resources that can help.

To learn more about the lifeline, please visit <https://988lifeline.org/>.

Check out the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) to learn more.

