

## You Are Not Alone

Here at the Peabody Institute Library, we're more than simply a place to find books. We're a place where all are welcome, and we truly mean that.

If you ever find yourself in a place where you don't know where to go, don't think twice about asking anyone here at the Library for help. We are a place of safety for all, and are committed to helping you to the best of our ability.

The world is not a kind place, but we can all do our part to make it better. I urge you, please, if you ever feel alone or need help, there's no harm in asking for help. It's what we do.

I lost a family member to suicide a few years ago, and it has destroyed me. I would give anything to have him back, even for a minute. I don't want anyone to ever experience losing someone in the same way. This Teen Resource list is, I hope, a way to give someone the opportunity to find help in the way that my family member didn't.

I know it seems cheesy, but PLEASE check out any of these resources if you think it'll help you. There are hotlines, email, resources and more, all for YOU.

Love Always,

- Anonymous