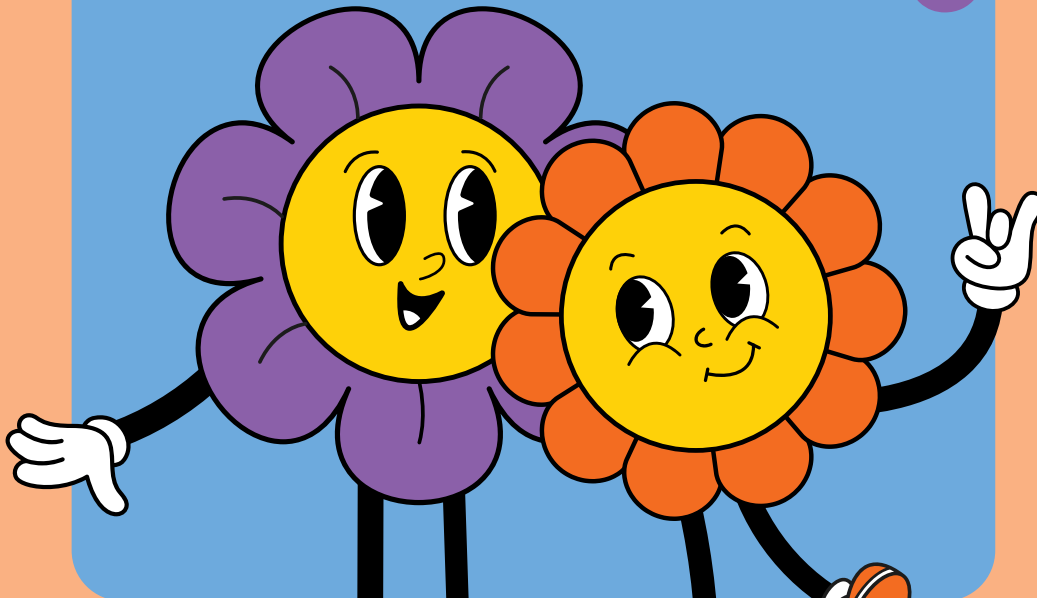


**Never a
Bother**

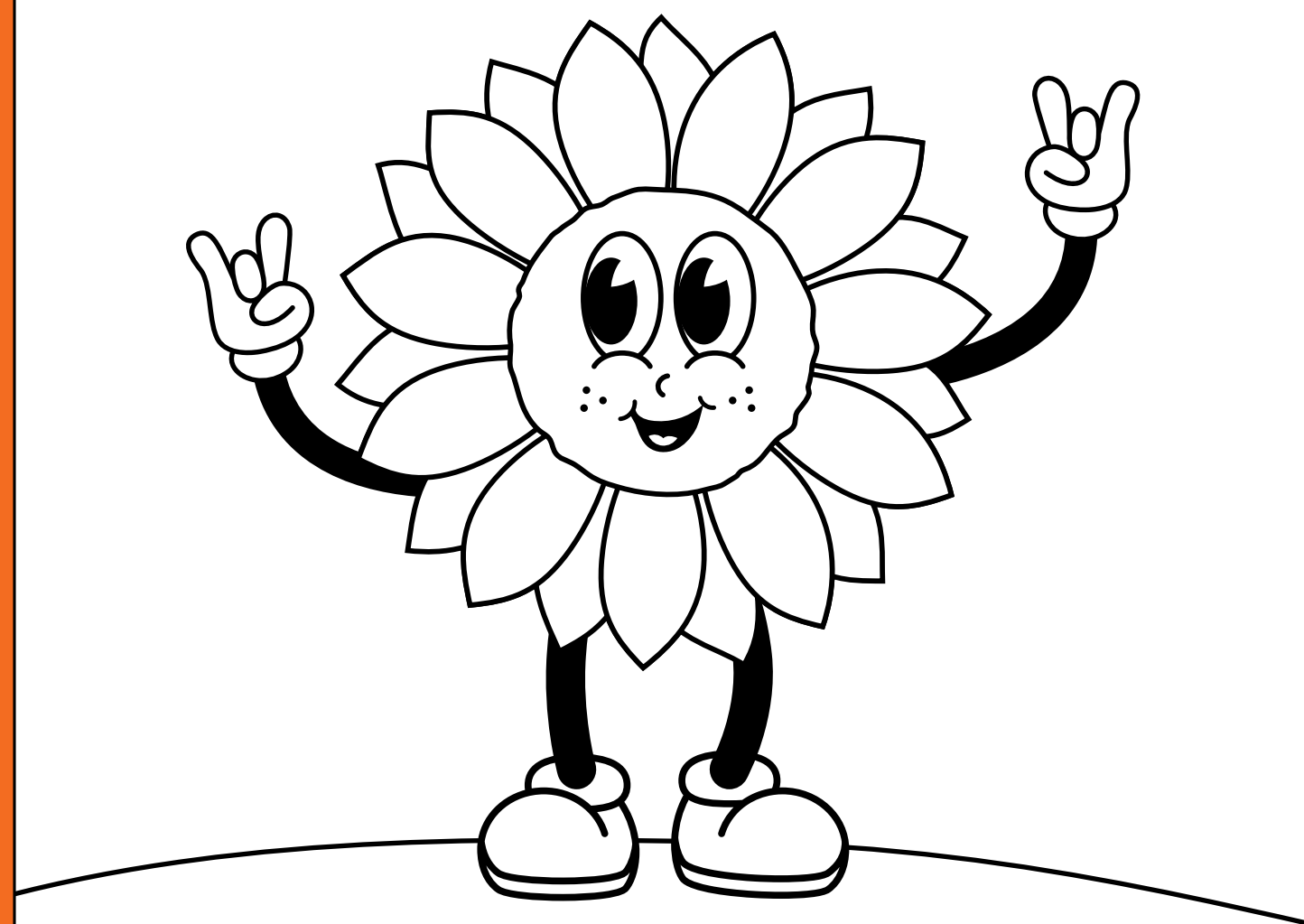


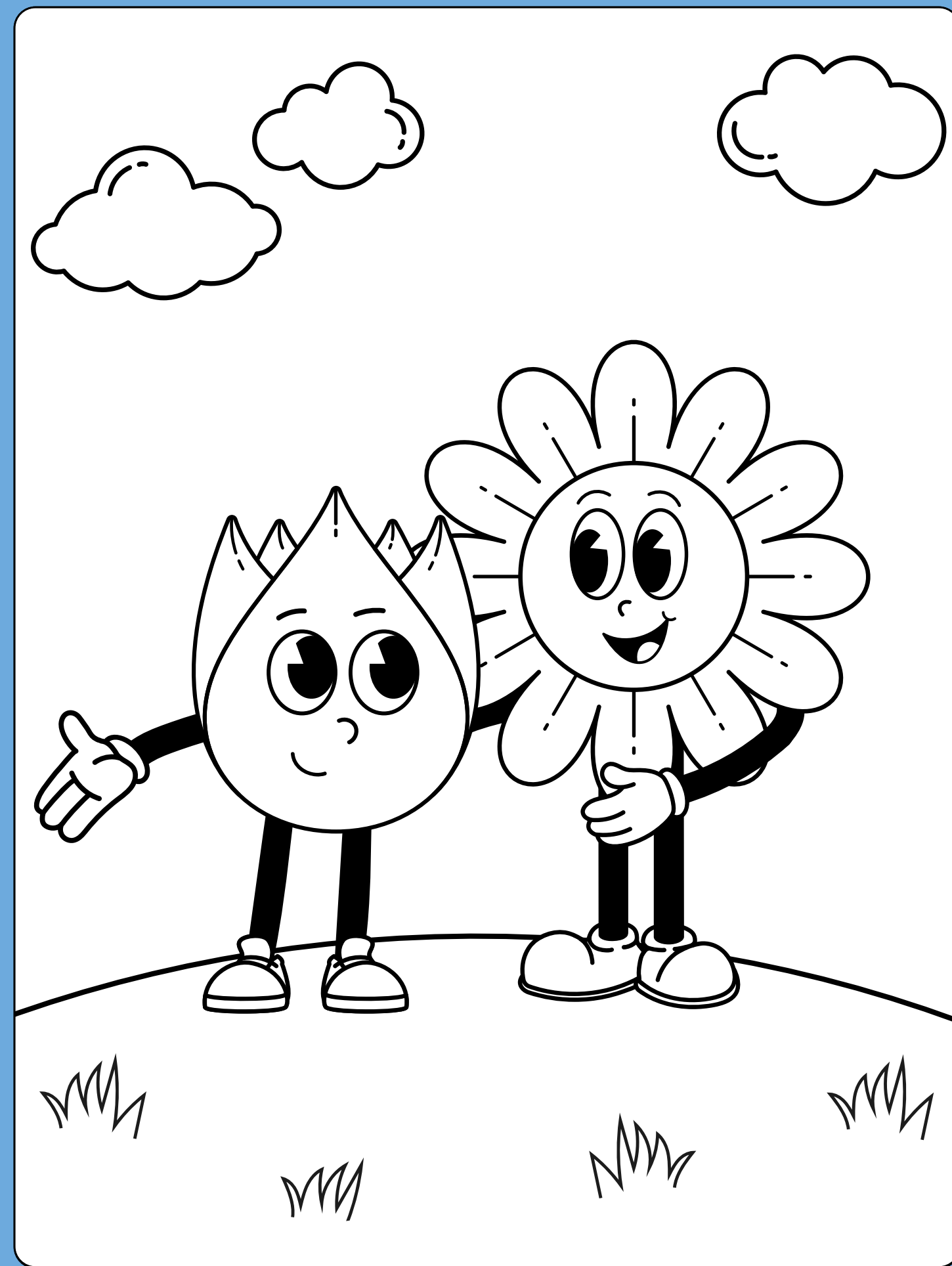
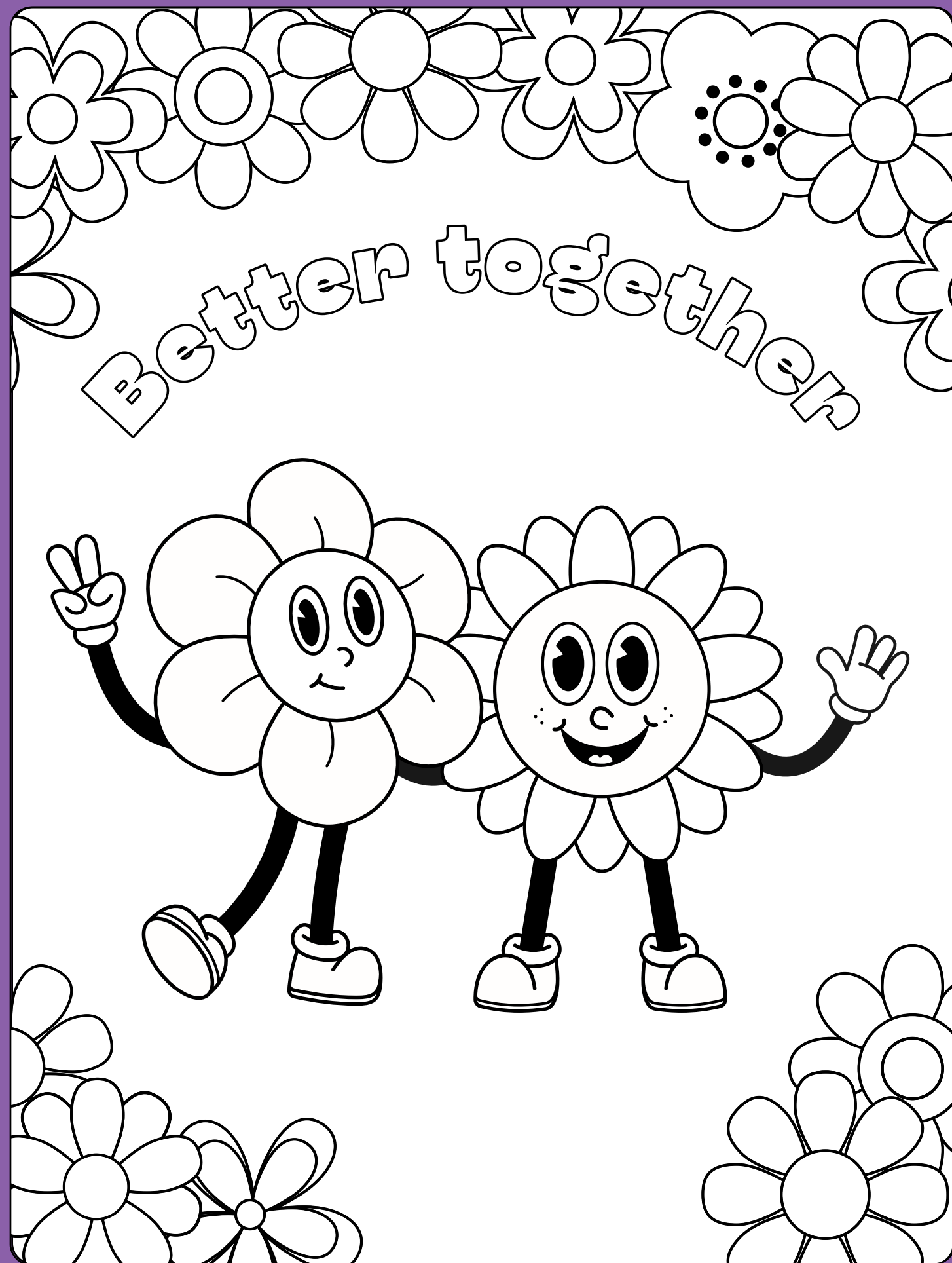
Never a Bother Activity Book

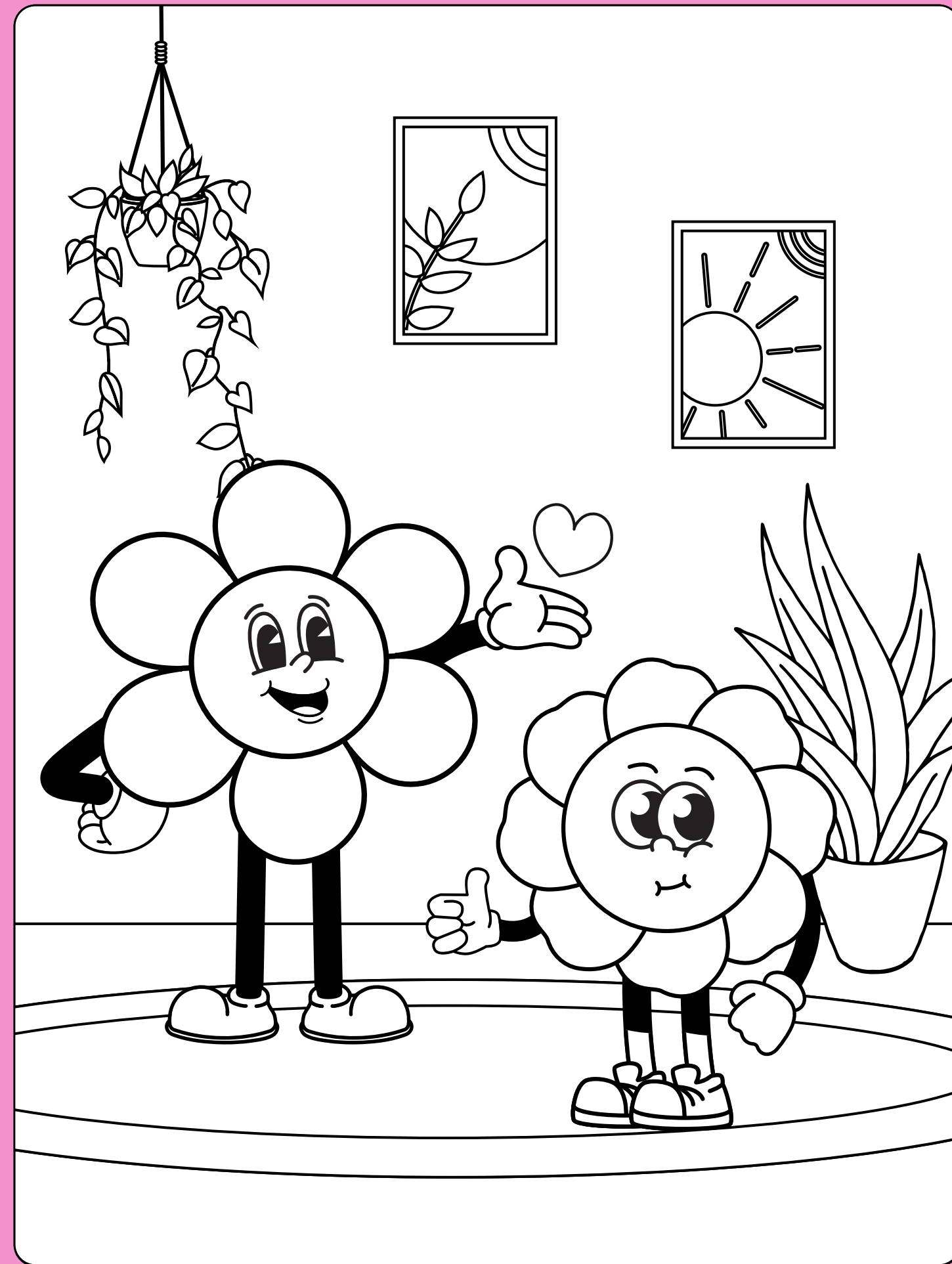
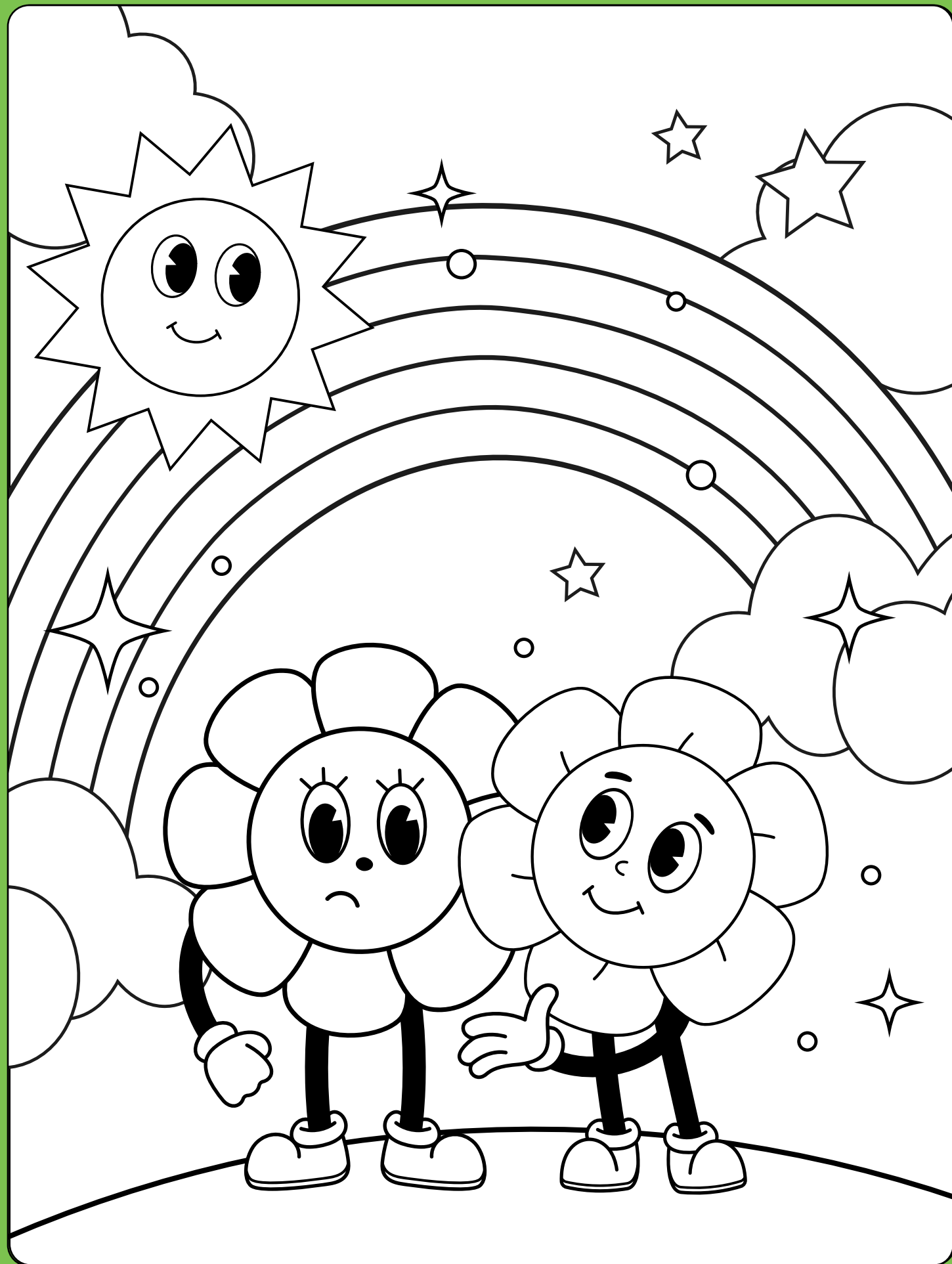


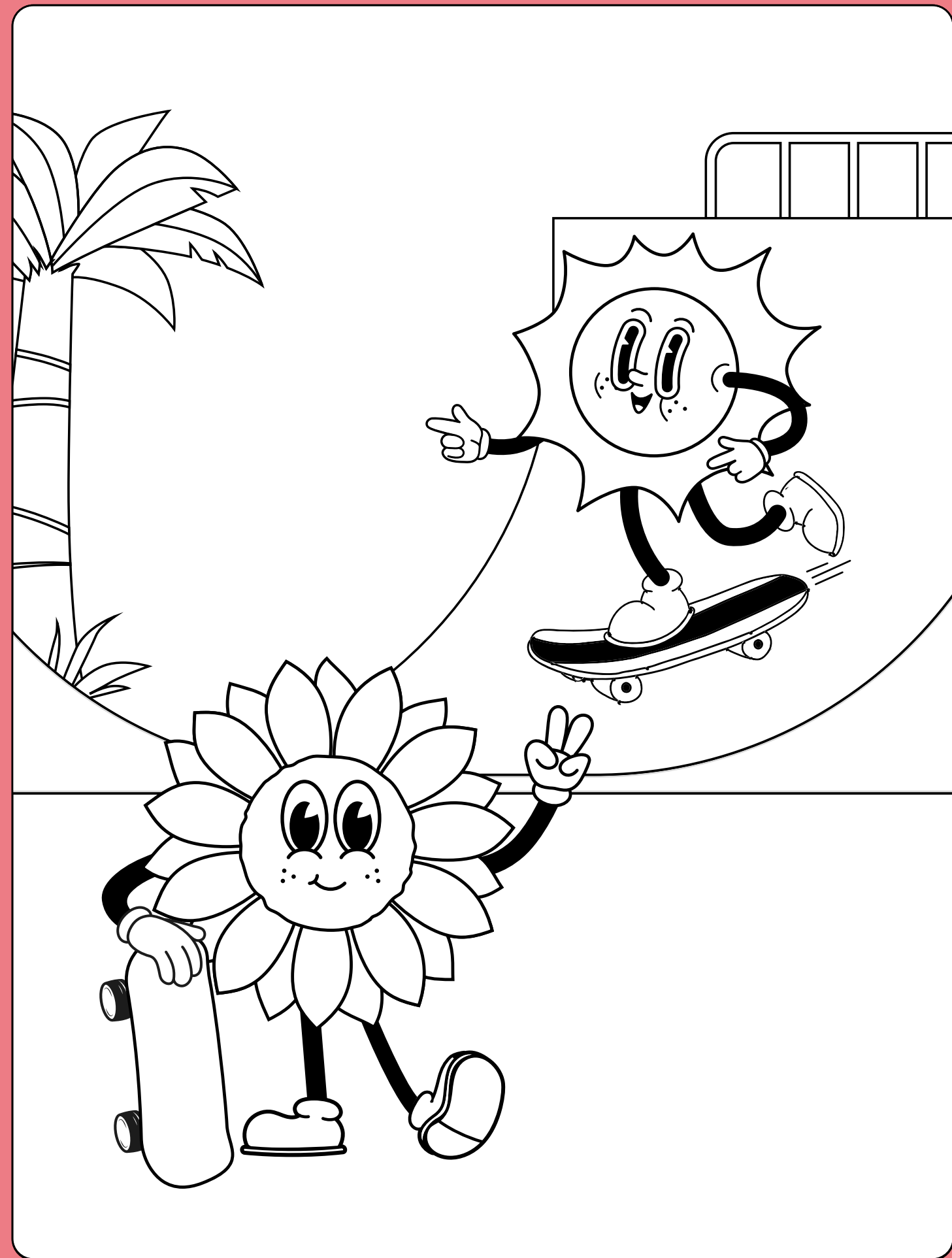
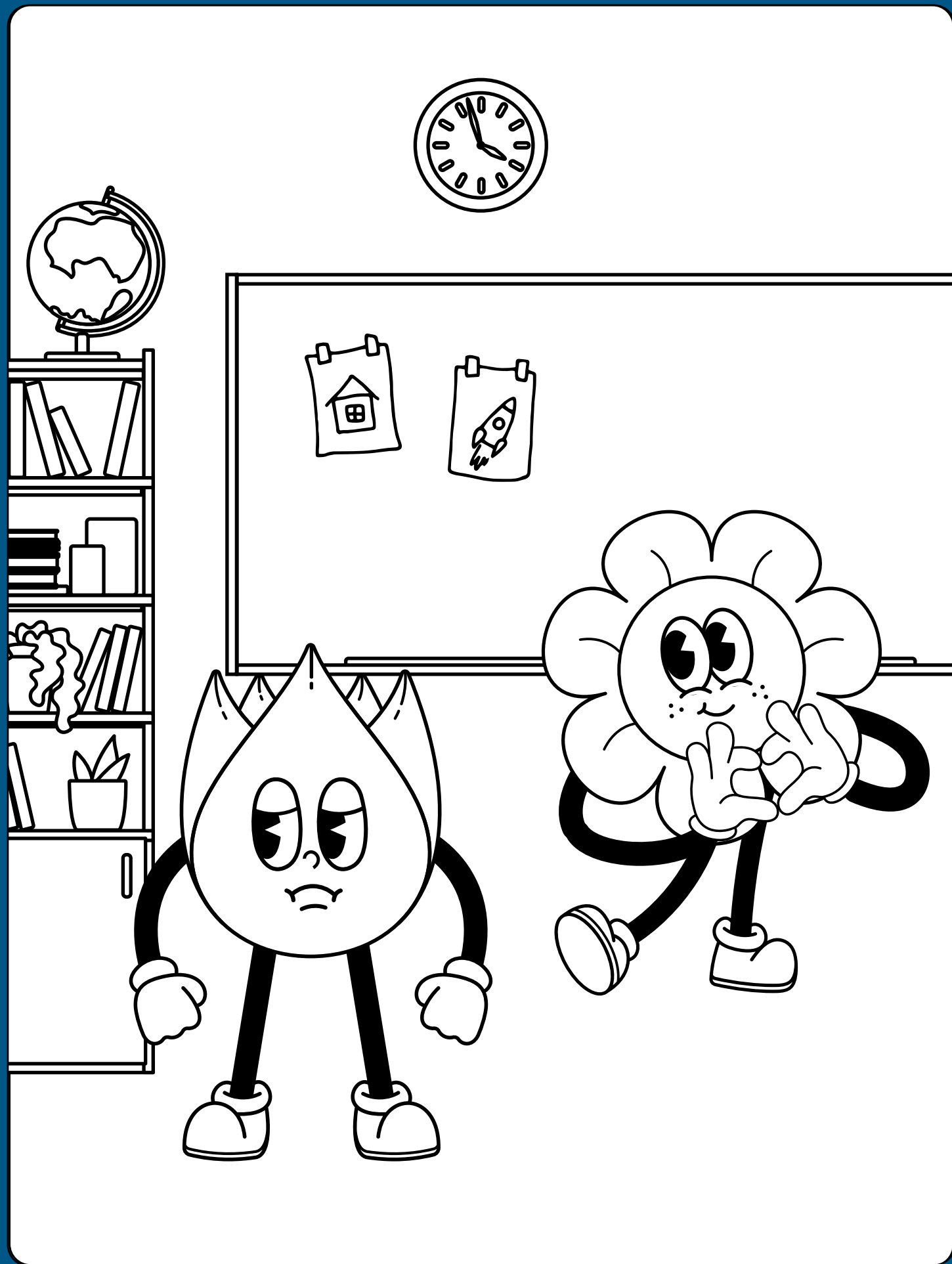


You are
never a bother!





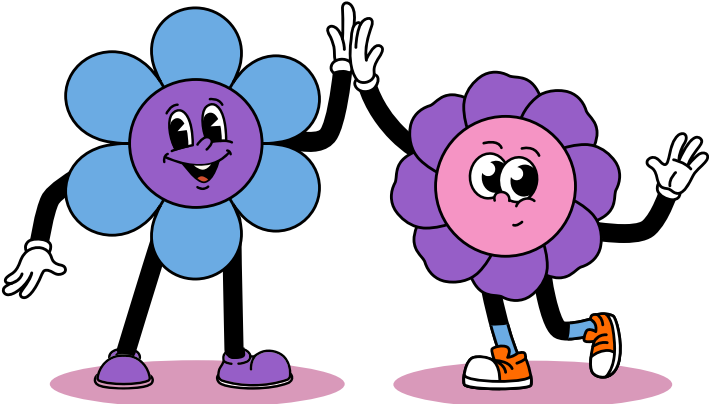




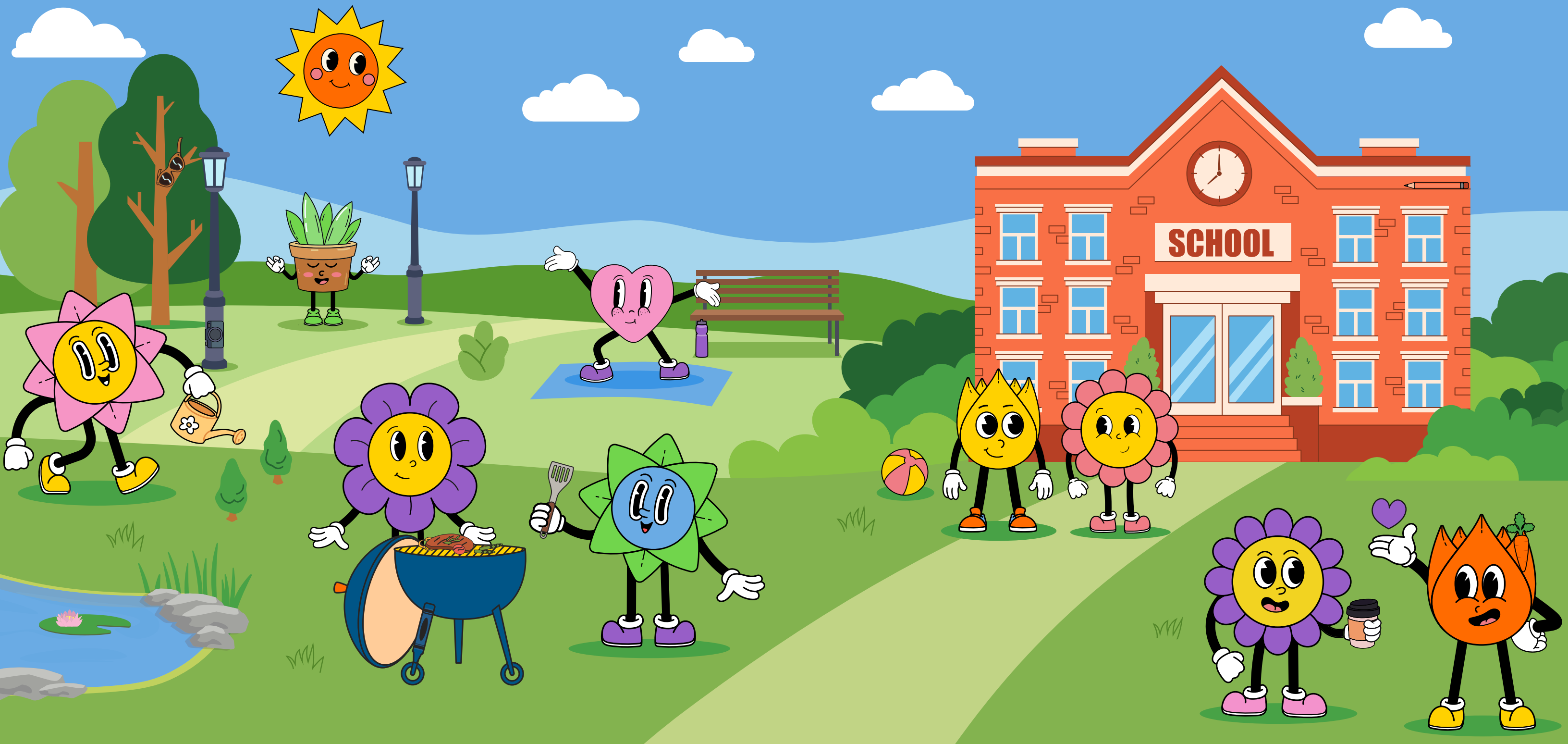
These 2 friends need to remind each other they're never a bother. Draw their paths so they can meet up!



When you're feeling hard emotions or need someone to talk to, who are 3 people you promise you'll go to?



Please sign your name or add your thumbprint to make this promise official.



Find and circle these 10 things in the picture above!

*Every day is a good day to let someone
know they're never a bother.*



Circle these emotions in the word search.

Happiness

Sadness

Anger

Fear

Surprise

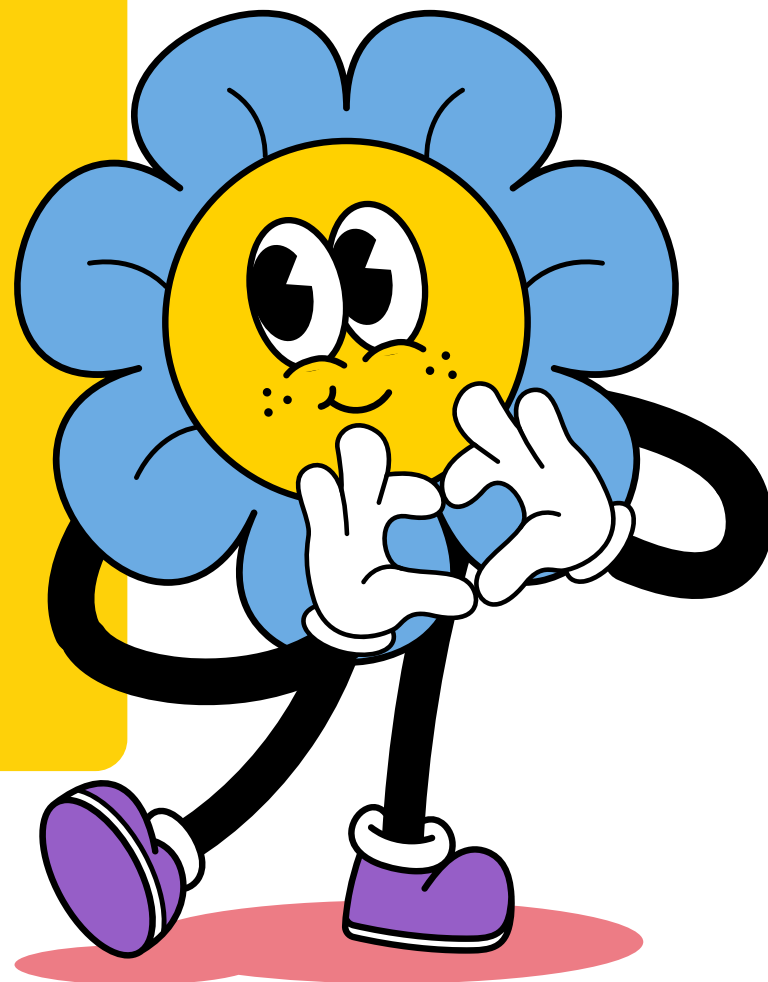
Disgust

Excitement

Frustration

Love

Confusion

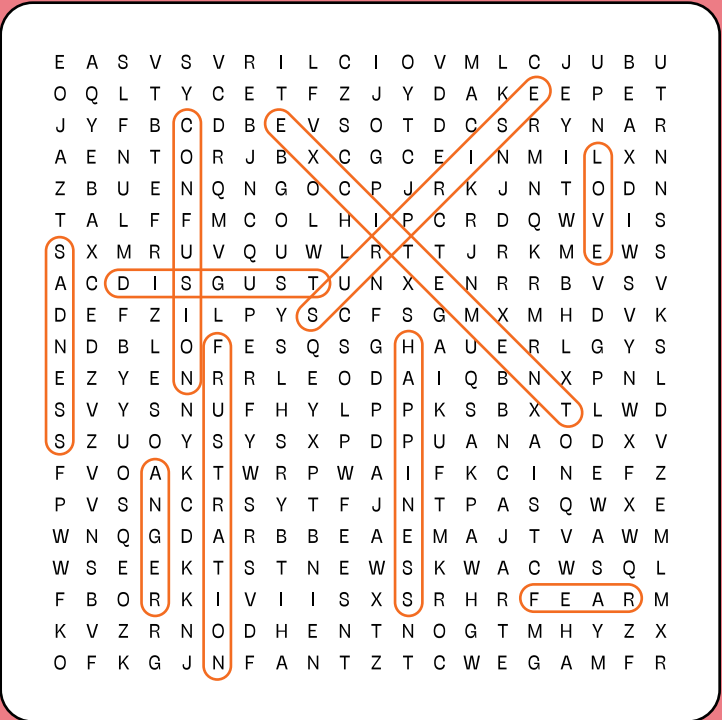
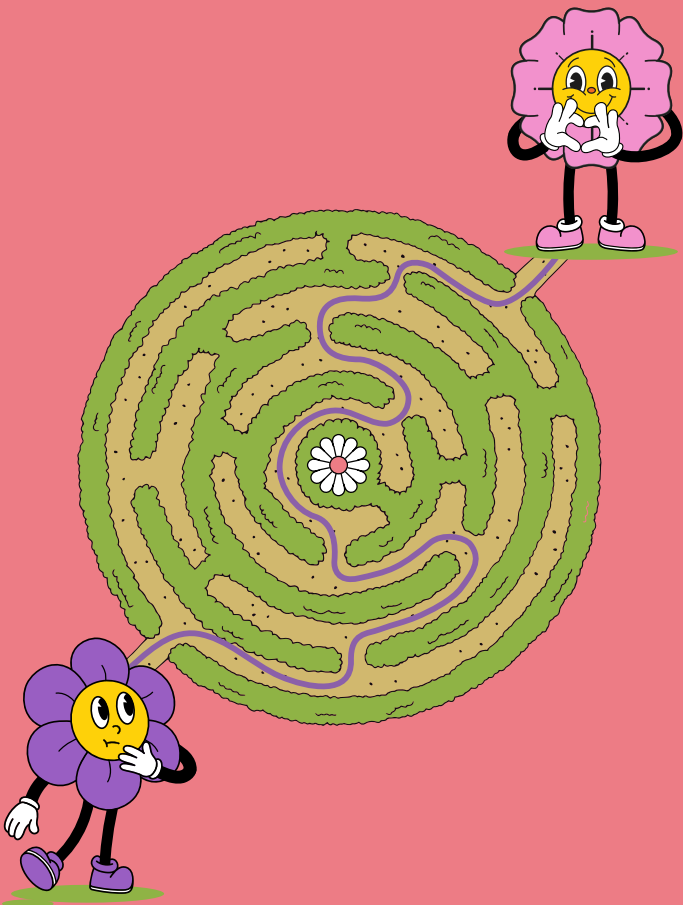
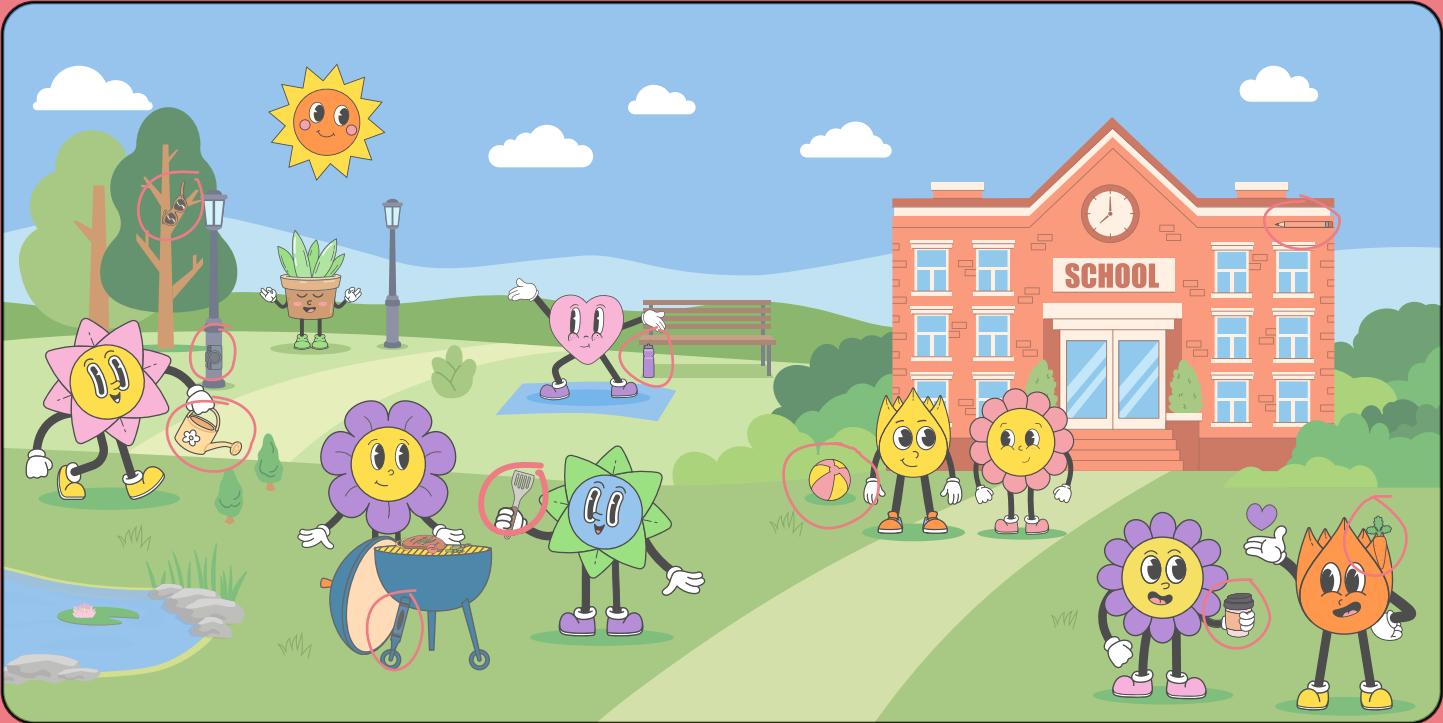


E	A	S	V	S	V	R	I	L	C	I	O	V	M	L	C	J	U	B	U
O	Q	L	T	Y	C	E	T	F	Z	J	Y	D	A	K	E	E	P	E	T
J	Y	F	B	C	D	B	E	V	S	O	T	D	C	S	R	Y	N	A	R
A	E	N	T	O	R	J	B	X	C	G	C	E	I	N	M	I	L	X	N
Z	B	U	E	N	Q	N	G	O	C	P	J	R	K	J	N	T	O	D	N
T	A	L	F	F	M	C	O	L	H	I	P	C	R	D	Q	W	V	I	S
S	X	M	R	U	V	Q	U	W	L	R	T	T	J	R	K	M	E	W	S
A	C	D	I	S	G	U	S	T	U	N	X	E	N	R	R	B	V	S	V
D	E	F	Z	I	L	P	Y	S	C	F	S	G	M	X	M	H	D	V	K
N	D	B	L	O	F	E	S	Q	S	G	H	A	U	E	R	L	G	Y	S
E	Z	Y	E	N	R	R	L	E	O	D	A	I	Q	B	N	X	P	N	L
S	V	Y	S	N	U	F	H	Y	L	P	P	K	S	B	X	T	L	W	D
S	Z	U	O	Y	S	Y	S	X	P	D	P	U	A	N	A	O	D	X	V
F	V	O	A	K	T	W	R	P	W	A	I	F	K	C	I	N	E	F	Z
P	V	S	N	C	R	S	Y	T	F	J	N	T	P	A	S	Q	W	X	E
W	N	Q	G	D	A	R	B	B	E	A	E	M	A	J	T	V	A	W	M
W	S	E	E	K	T	S	T	N	E	W	S	K	W	A	C	W	S	Q	L
F	B	O	R	K	I	V	I	I	S	X	S	R	H	R	F	E	A	R	M
K	V	Z	R	N	O	D	H	E	N	T	N	O	G	T	M	H	Y	Z	X
O	F	K	G	J	N	F	A	N	T	Z	T	C	W	E	G	A	M	F	R

What you're feeling is real!

Answer key

Because everyone needs a little help sometimes.



Resources

BrightLife Kids

Get coaching and mental health support — whether you’re a parent, caregiver, or kid (up to age 12) in California. Coaches are English/ Spanish bilingual and work in LGBTQ+ and BIPOC communities. Video or chat. Free, confidential, no insurance needed.
Hellobrightline.com/brightlifekids

Soluna App

Built for 13- to 25-year-olds in California, Soluna lets you chat 1 on 1 with professional coaches. Plus: free-writing journals, de-stressing tools, and forums where you can get and give advice (or vent). Free and confidential.
Solunaapp.com

988 Suicide & Crisis Lifeline

Open 24/7 and 100% free of charge. Confidential. Judgment free. Share only what you want. English and Spanish.
Call or text 988 to speak with a trained counselor who will listen without judgment and provide support 24/7.
For chat, go to 988lifeline.org/chat/

NeveraBother.org

Launched in 2024 by the California Department of Public Health’s Office of Suicide Prevention. The goal of Never a Bother is to prevent suicide among teens and young adults in California, while encouraging friends and caregivers to recognize the power they have to support someone before, during, and after a crisis.
Instagram: [@NeveraBother](https://www.instagram.com/NeveraBother)
TikTok: [@NeveraBother](https://www.tiktok.com/@NeveraBother)
Facebook: [Facebook.com/NeveraBotherCampaign](https://www.facebook.com/NeveraBotherCampaign)



Let's get better together.

Get help for yourself or a friend at **NeveraBother.org**



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