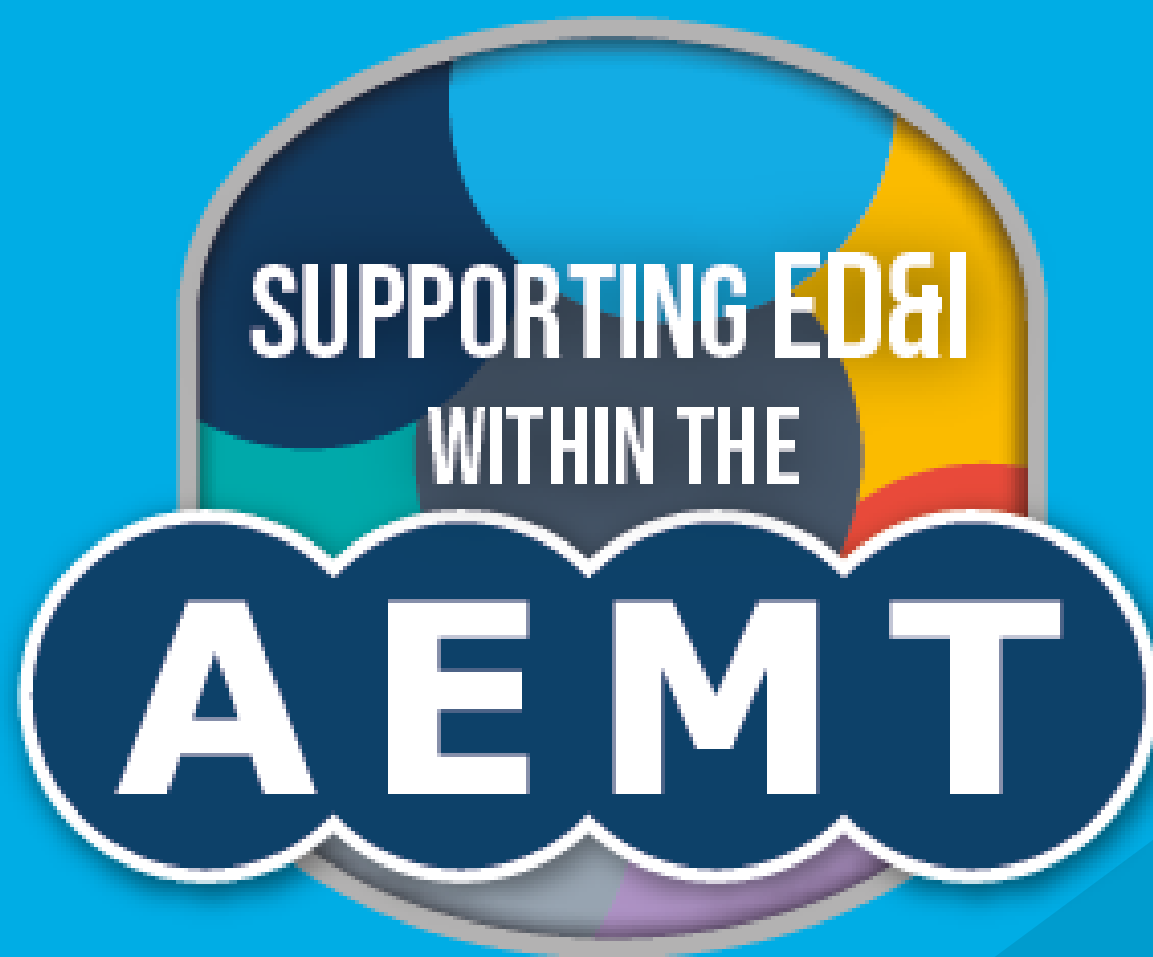


IT'S OKAY TO ASK FOR HELP



The AEMT has curated a wealth of wellbeing tools and resources to help you.

Scan or visit: <https://bit.ly/AEMTEDI>



Whatever you're going through, a Samaritan will help you. Here 24 hours a day: call 116 123