







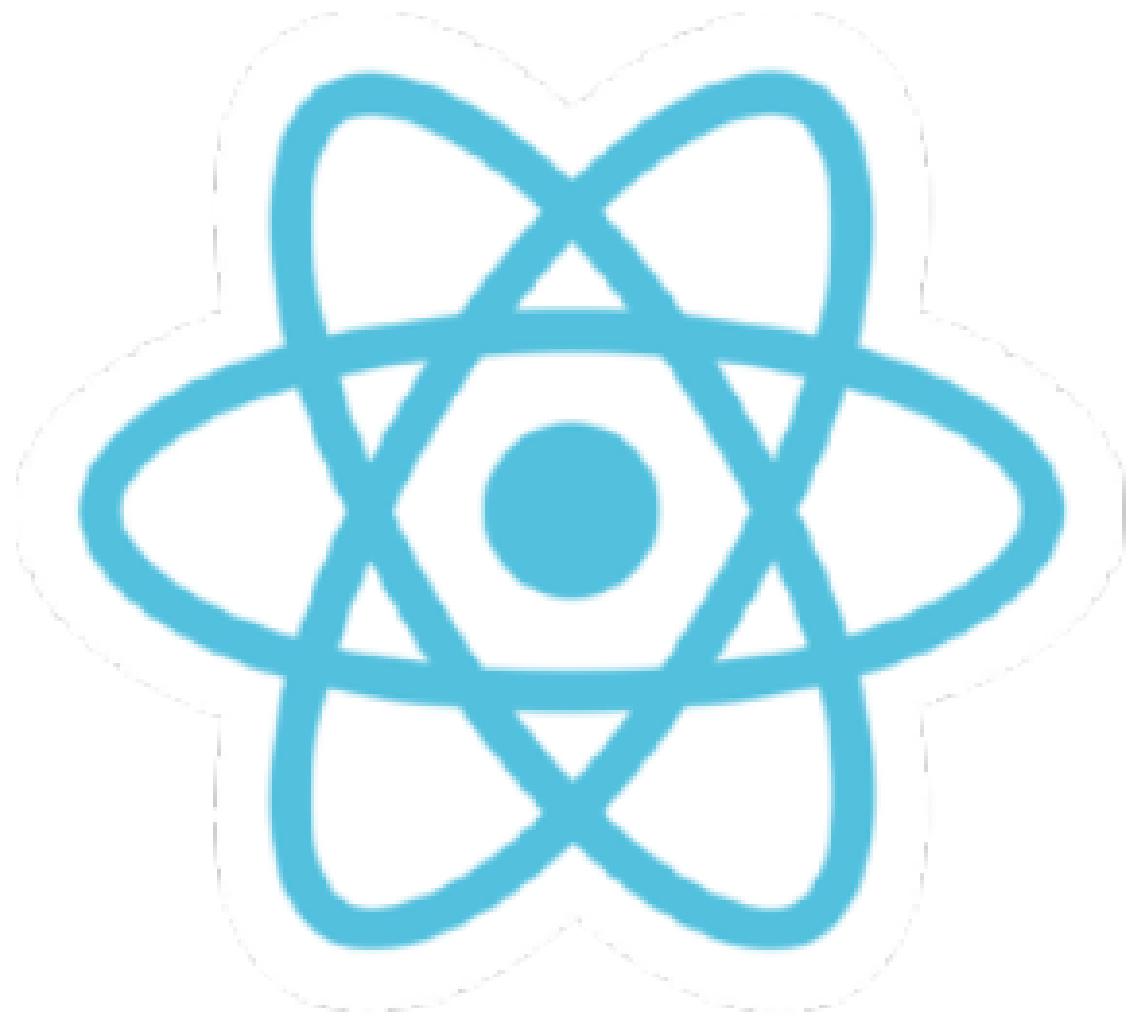


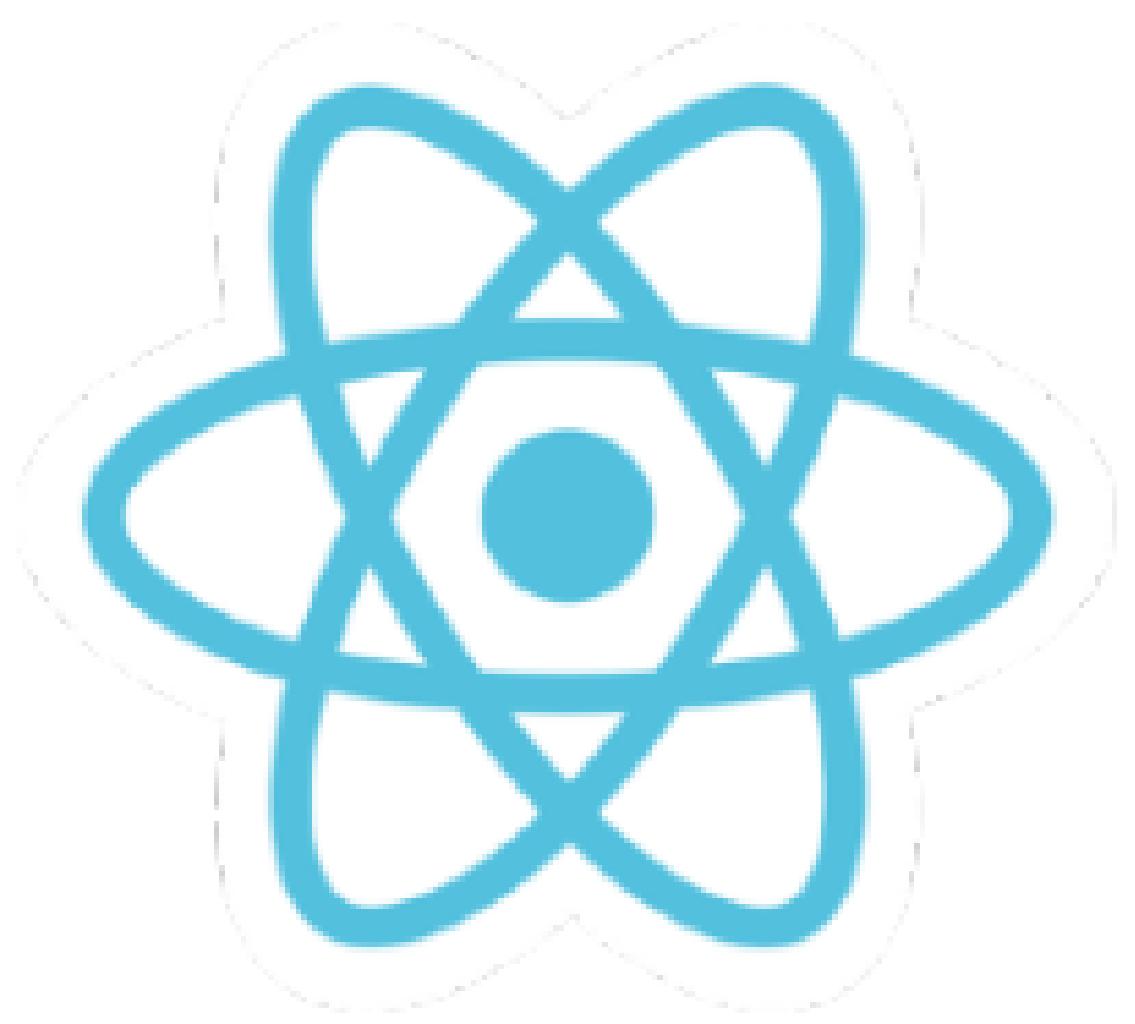


**STOP STOP! I  
GIVE YOU UP!**



DO NOT GIVE THE BEAST  
THE POWER TO DESTROY YOU.





BURNOUT IS COMING, AND  
THE ONLY WAY TO SURVIVE  
IS TO SACRIFICE OUR PRIDE.

Open Initiative for  
Open Knowledge

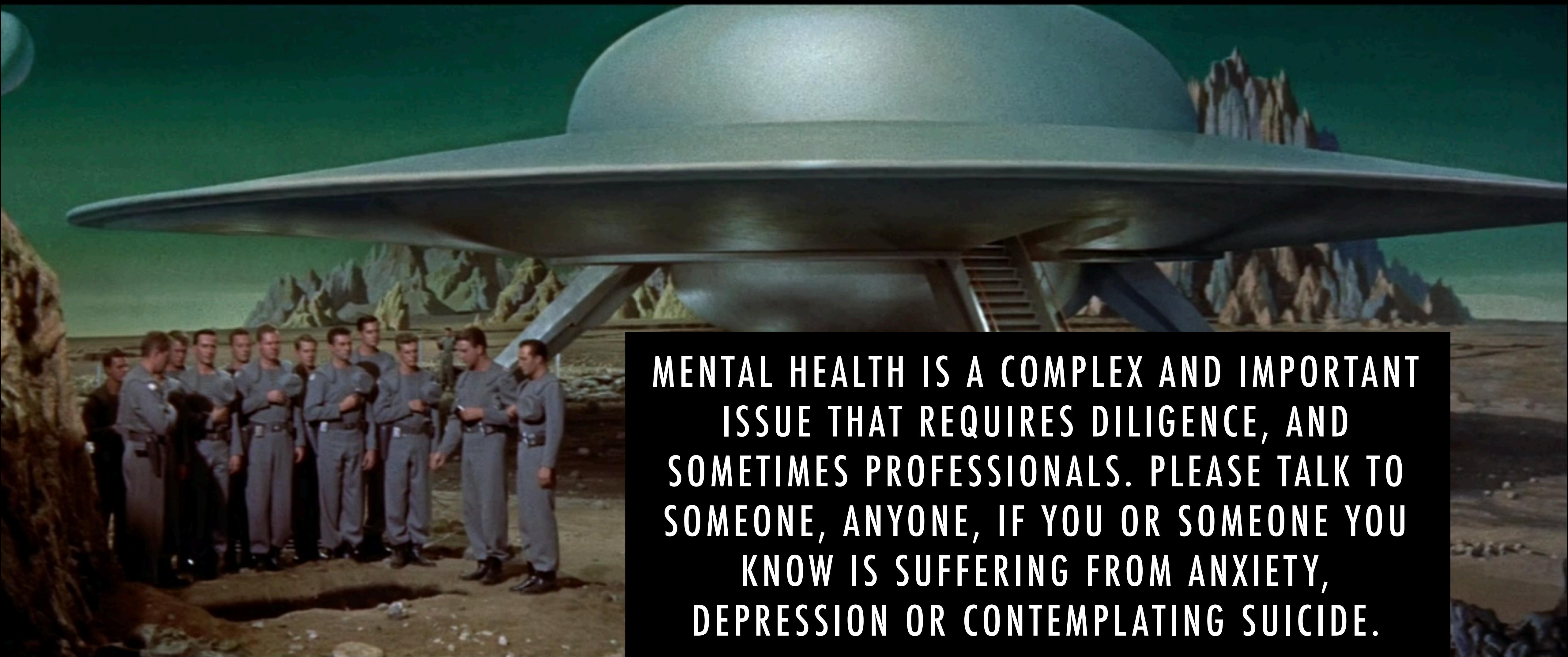


BURNOUT IS COMING, AND  
THE ONLY WAY TO SURVIVE  
IS TO SACRIFICE OUR PRIDE.



DO NOT GIVE THE BEAST  
THE POWER TO DESTROY YOU.

# YOU MATTER, AND YOUR FEELINGS ARE VALID



MENTAL HEALTH IS A COMPLEX AND IMPORTANT ISSUE THAT REQUIRES DILIGENCE, AND SOMETIMES PROFESSIONALS. PLEASE TALK TO SOMEONE, ANYONE, IF YOU OR SOMEONE YOU KNOW IS SUFFERING FROM ANXIETY, DEPRESSION OR CONTEMPLATING SUICIDE.

SUICIDE PREVENTION LIFELINE: 1-800-273-8255