



Feeling isolated?

Help is just a call away.

Reach out to our mental health support line.

You are not alone



Don't let germs spread
Wipe down the phone before you dial

A close-up, low-angle shot of a single incandescent lightbulb hanging from a dark ceiling. The bulb is illuminated, casting a warm, golden glow. The background is dark and out of focus, with some blurred light sources visible, creating a bokeh effect. The overall mood is one of hope and guidance.

Feeling in the dark?

Reach out and let your light shine

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