

Presented by EndSelf-Harm.org

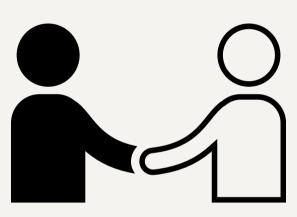
Trust

Opening up and asking for help is not a sign of weakness but a sign of strength and maturity.

Who in your life do you trust?

How can you be trustworthy?

What makes them trustworthy?



What are two things you could ask someone for help with?



Trust is built in *small* moments Start with *one*



End Self-Harm Info@EndSelf-Harm.org

Don't Suffer In Silence

https://EndSelf-Harm.org