Stay Studying
Reading taught me that faith is not an idea, but rather an action. As unique are the testimonies of suffering, there exists a universal story of survival I proactively need to seek out daily.

Delight in Routines
There was a time when I took for granted everyday activities. It wasn't until a time period of being restricted to participate in some of these activities, that I learned to appreciate and be grateful for what I have.

Stretch the Boundaries:
Visiting places I haven't been to for awhile forced me to work through the fear I experienced while leaving the comforts of home.

You are not alone.
National Suicide and Crisis Hotline Call 988

This poster was created in collaboration with Migrant Clinicians Network, Promotores Outreach Program, and the CDC Foundation.