



I'm here.

Creating Safety in Numbers

Creating an *I'm here* safety pin with another person starts the conversation.

Starting the Conversation

Wearing an *I'm here* safety pin shows that you're supportive, open, and aware.

Spreading Awareness

Explaining the meaning behind the *I'm here* safety pin helps the whole community move closer to understanding mental health conditions.

DBSAAlliance.org/ImHere

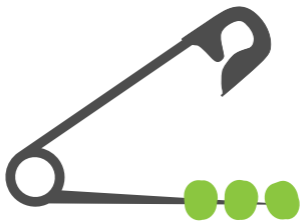


Depression and Bipolar
Support Alliance



Rebecca's Dream®

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