



A hope note for you...



"TODAY, SOMEBODY,
SOMEWHERE IS THINKING
OF YOU AND SMILING.
YOU ARE SEEN,
YOU ARE WORTHY,
YOU ARE LOVED."

- SOMEONE WHO CARES



A hope note for you...



"THE WORLD IS A
BETTER PLACE WITH YOU IN IT.
YOU DON'T HAVE TO DO ANYTHING
TO PROVE THAT. YOU ARE
VALUED, WORTHY, AND LOVED."

- SOMEONE WHO CARES



A hope note for you...



"YOU MATTER SO MUCH
MORE THAN YOU'LL EVER KNOW.
YOUR LIFE IS FILLED WITH
PROMISE, POSSIBILITY, AND
POTENTIAL. I PROMISE YOU
ARE LOVED, AND WE NEED
YOU TO STAY." - SOMEONE WHO CARES



A hope note for you...



"REMEMBER THAT YOU ARE
WORTHY, LOVED, AND MORE THAN
ENOUGH. THERE MAY BE HARD DAYS,
BUT YOU CAN DO ANYTHING BECAUSE
YOU ARE STRONG. YOU ARE SO LOVED.
YOU BELONG. I CARE ABOUT YOU AND
SO DO SO MANY OTHERS."

- SOMEONE WHO CARES

This hope note was given to you by **someone who cares about you**. Feel free to keep this note as a reminder that **you are important** and **you matter**. You can also pass this note along to someone else who might need to hear a message of **hope**.



**YOU
MATTER**



Call. Text.
Chat. 24/7.

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