

“I’m fine.”
Everyone says it.
Not everyone *means* it.



**THE CENTER
FOR HEALING**
Sponsored by LifePath Systems



Watch the PSA. Find Support. Take the first step.
centerforhealingtx.org/imfine



What I Said:

“I’m fine.”

What I Meant:

“I haven’t slept.”

“I’m overwhelmed.”

“I don’t want to talk about it.”

“I don’t know how to ask for help.”



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Support is available now at
centerforhealingtx.org/imfine



You don't have to carry it alone.

The Center for Healing offers
trauma-informed support through:

- Individual counseling
- EMDR
- Sound baths
- Equine therapy
- Mental Health First Aid
- Psychological First Aid
- Peer support and more



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Let's normalize the check-in

Start the conversation with:

“How are you, really?”

“What’s been heavy for you lately?”

“Can I help carry anything today?”

Small check-ins save lives.



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Resources and toolkit available at
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For the ones who hold everyone else together.

The first responder.

The teacher.

The parent.

The social worker.

The helper who never asks for help.

You deserve to be seen, supported, and heard.



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The Center for Healing was built for you.
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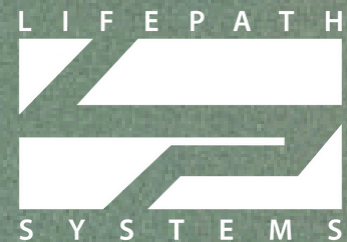


Title

Body



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