

A large, stylized profile of a person's head facing left, composed of several overlapping, wavy-edged layers in shades of dark blue, teal, orange, and yellow. The head is positioned on the left side of the image, with the layers extending towards the right. The background is a solid yellow color.

**THE
STRUGGLE IS
REAL.
NORMAL.
IMPORTANT.
OKAY.**

#YOUMATTER^{ECU}
THERE IS HOPE. THERE IS HELP.