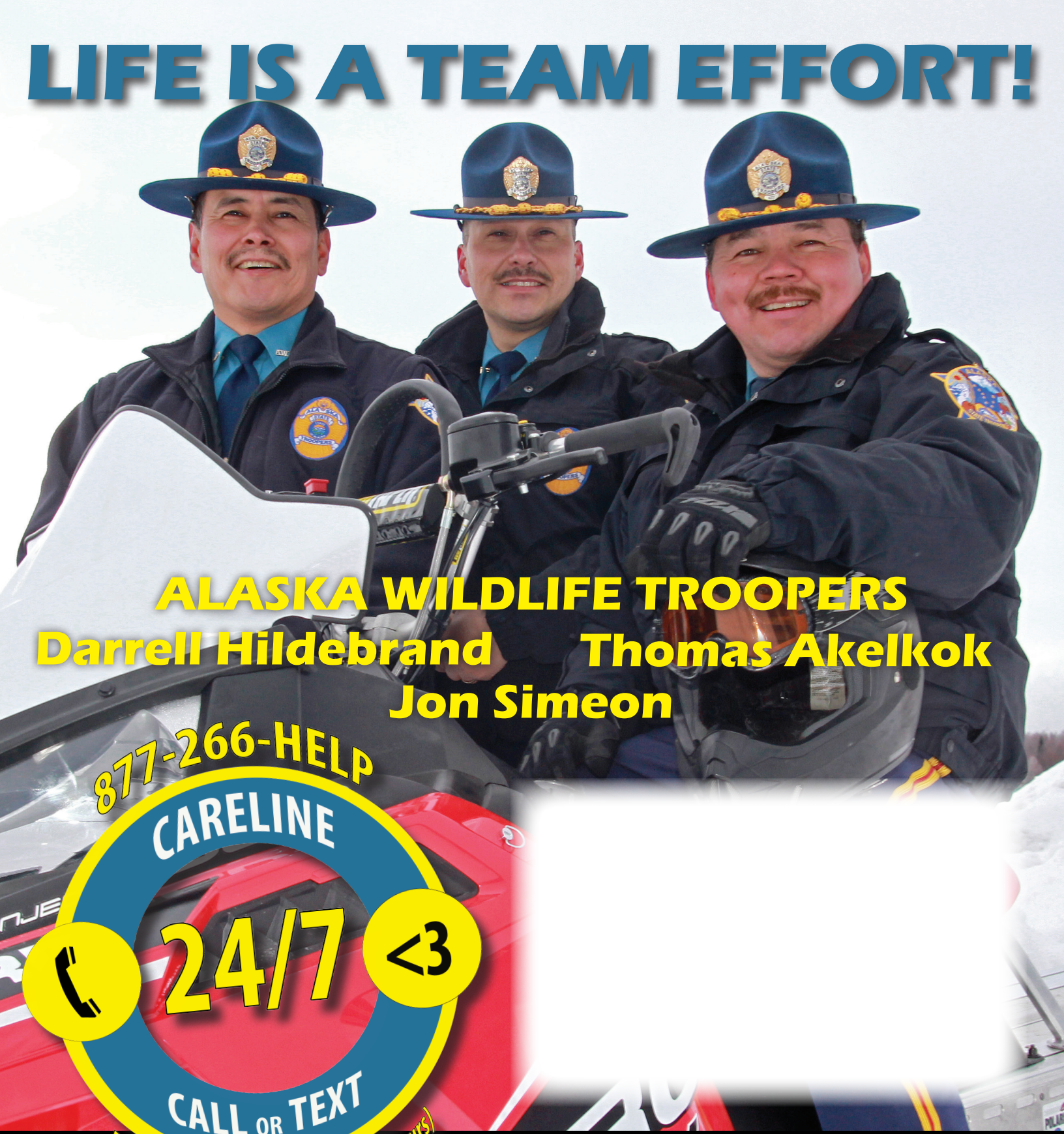
LIFE IS A TEAM EFFORT!



Find Your Strong

Need to talk? Call CARELINE, 24/7

Alaska's suicide prevention & someone-to-talk-to line

877-266-HELP (4357)

text 4help to 839863 (limited hours)