Go Forward With Courage

When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage. So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists -- as it surely will. Then act with courage.

Ponca Chief
White Eagle
(1800s to 1914)

Just text to our 24/7 "Hopeline" to 741741.
Trained crisis counselors are standing by.
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Center for Suicide Awareness