

ISOLATION MONSTER

WANTS YOU
TO PULL AWAY
FROM PEOPLE

1. "No one
really cares
about you."

KINDNESS
BELONGS
HERE



BRIGHTER
DAYS
AHEAD



4. "You don't
belong."

2. "You're
better off
alone."

3. "People
won't
understand
you."

5. "It's safer
to stay away
so you won't
get hurt again."

CONNECT

TALK

SHARE

BE YOURSELF

YOU BELONG

FRIENDS

FAMILY

HELP

HOPE

DON'T LET THE ISOLATION MONSTER WIN!

YOUR PERSONAL POWER GROWS WHEN YOU REACH OUT,
STAY CONNECTED, AND LET PEOPLE IN!

