reel illiserable. I reel used. I reel forgottell. I reel diffiliportalli. I reel diffaiented. I feel worthless. I am physically and emotionally exhausted. I don't think I can keep going—and even if I have the ability to, I'm not sure I have the desire. Words cannot begin to explain how empty I feel. How stupid how alone. I haven't cried this hard since my parents tried to beat the gay niserable. I feel used. I feel forgotten. I feel unimportant. I out of ca and emotionally exhausted. feel un I have the ability to, I'm not sure I don't h empty I feel. How stupid—how alone. I haven't criethis hard since my parents tried to beat the gay out of me. I feel miserable. I feel used. I feel forgotten. I feel unimportant. I feel untalented. I feel worthless. I am physically and emotionally enhanced. I don't think I can a feel worthless. I am physically and emotionally enhanced. I don't think I can a feel worthless. I am physically and emotionally enhanced. I don't think I can a feel worthless. I am physically and emotionally enhanced. I don't think I can a feel worthless. I am physically and emotionally enhanced. I don't think I can a feel worthless. I am physically and emotionally enhanced. I don't think I can a feel worthless. I am physically and emotionally enhanced. have the desire. think I can keep going—and even if I have the ability to, I'm not sure I have the desire. Words cannot begin to explain how empty I feel. How stupid—how alone. I haven't cried this hard in my life. I feel miserable. I feel used. I feel forgotten. I feel unimportant. I feel untalented. I feel worthless. I feel miserable. I feel used. Words cannot begin to explain how empty I feel. How stupid—how alone. I haven't cried this hard since my parents tried to beat me, hurt me. **I Feel Alive. I Feel Hope.** I feel Alive. I feel hope. I feel talented. I feel worth something. I am physically and emotionally able. I know Available 24 hours-a-day Multnomah County Call Center 503-988-4888 1-800-716-9769 Crisis Support and Mental Health Emergency Assistance

Urgent Walk-in Clinic

Adults and Children—no payment necessary 2415 SE 43rd **Open daily 7 AM - 10:30 PM**

