I feel miserable. I feel used. I feel forgotten. I feel unimportant. I feel untalented. 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 haven't criethis has since my parents tried to beat the gay how d. I feel re tei physic y : l c even if l v .ne unimportant. I out (ally exhausted. feel 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 out of me. I feel miserable. I feel used. I feel forgotten. I feel unimportant. I feel untalented. I feel vorthless I amph<mark>rifally afdring to mly telbauat</mark>ed. I don't think I can keep going—and even if I nave the ability to, I'm not sufe I 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 I can keep going—and I have the ability to, I have the desire. Words cannot begin to explain how hopeful I feel. How smart—not alone. They cared about me when I was in the darkness. They helped me to the light. I feel hope. No longer used. No longer forgotten. I feel important. I feel talented. I feel worth something. I am physically and emotionally able. I know I can keep going— I was in the darkness. They helped me to the light. I feel hope. No longer used. No longer for Available, 24 hours-a-day I feel talented. I feel worth Multnomah County Call Center an keep 503-988-4888 1-800-716-9769 **Crisis Support and Mental Health Emergency Assistance**

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

