

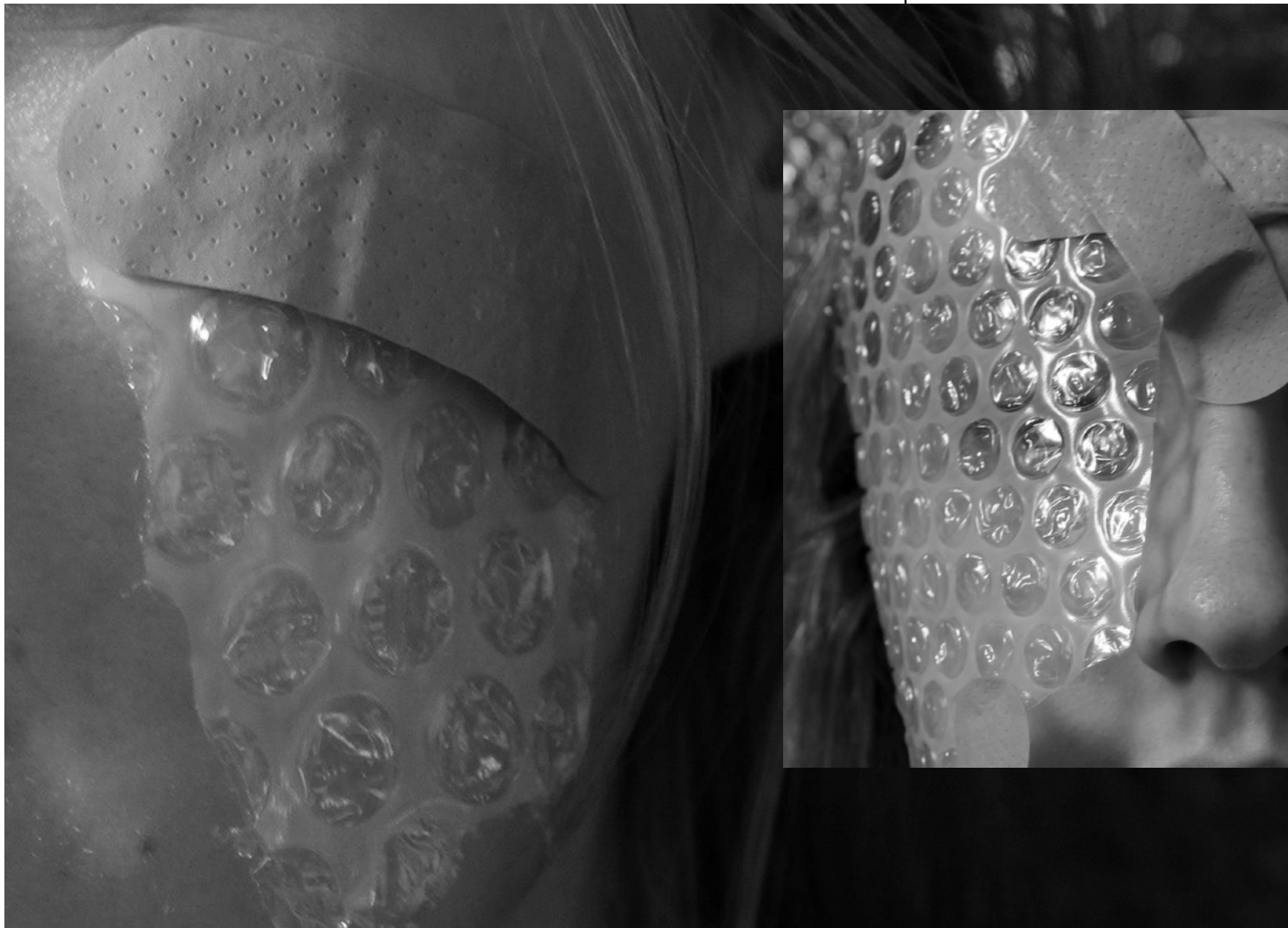
OBLIVION

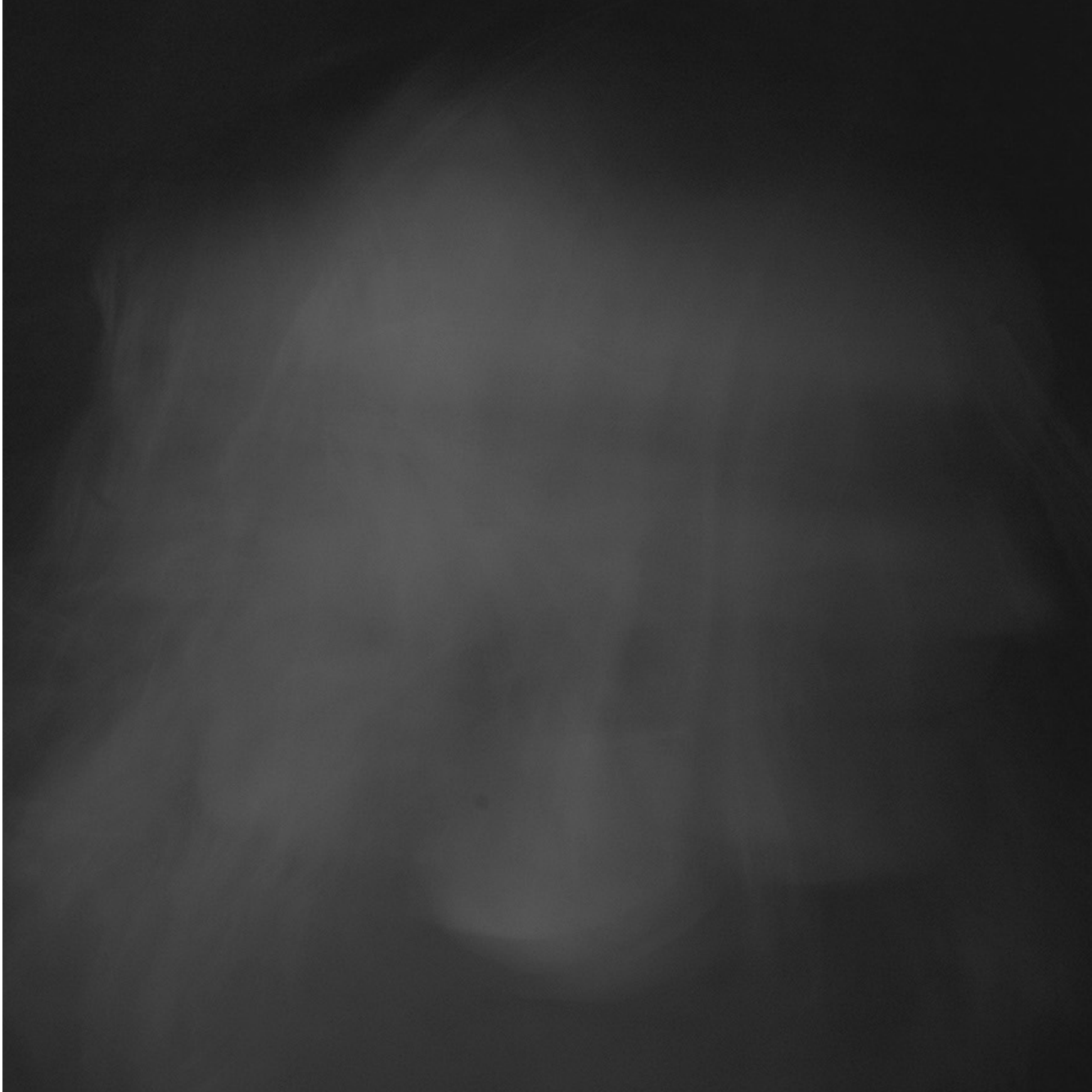
Emily Thomas





**THE BRAIN IS POWERFUL BUT
WHAT IS THE TRUTH**







BREATHE.
BREATHE.
BREATHE.
BREATHE.



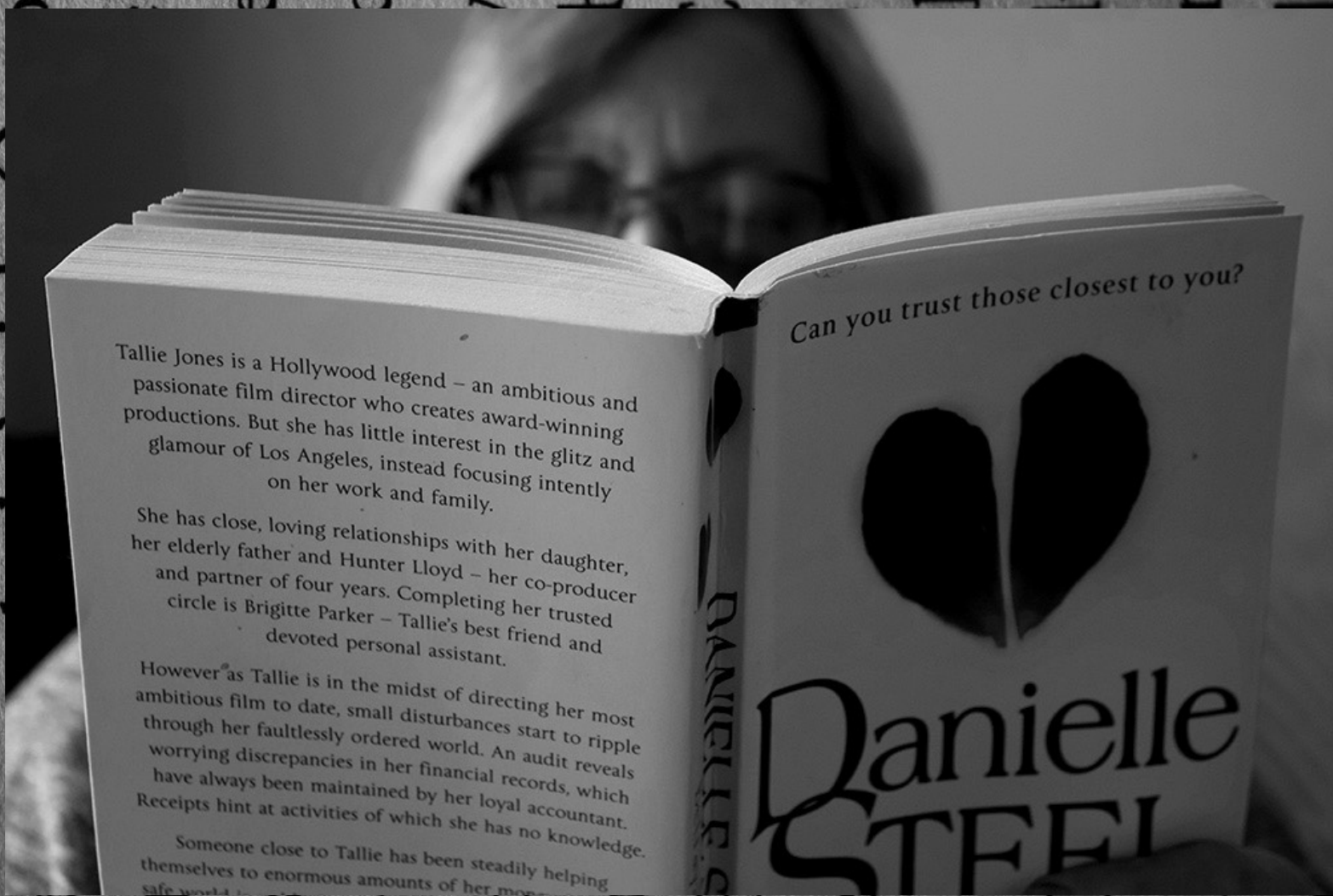


The loneliest and darkest hours can be the most comforting.



**BUT SOMETIMES
SILENCE IS LOUD.
IT'S EMPTY AND
THE COMPANY IS
OVERWHELMING.**







ANOTHER WON'T HURT.



**BRINGING
AWARENESS TO
MENTAL HEALTH
THROUGH PERSONAL
STRUGGLES AND
EXPERIENCES.
INDIVIDUALLY FACED
ASWELL AS
TOGETHER.**