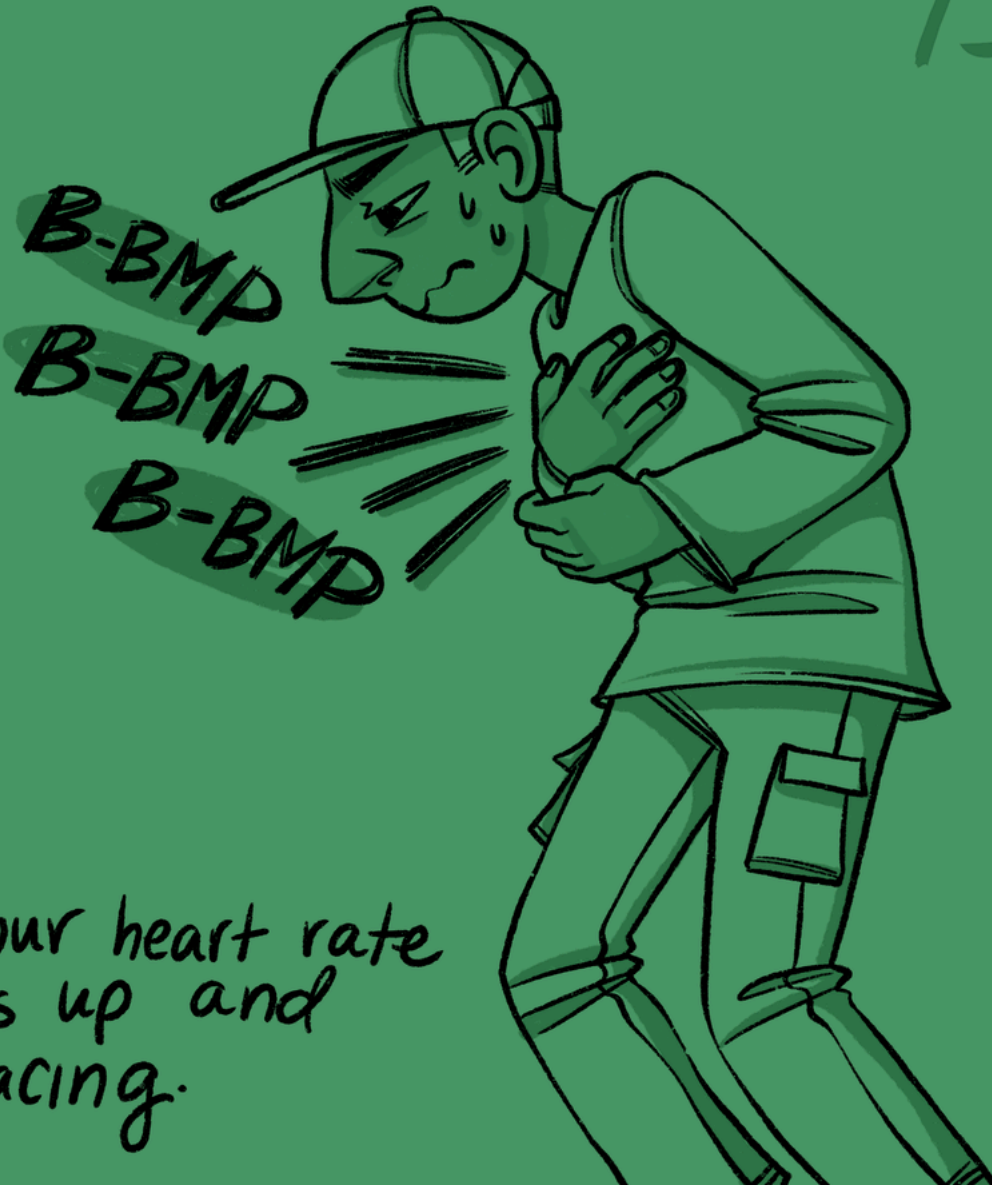


flow

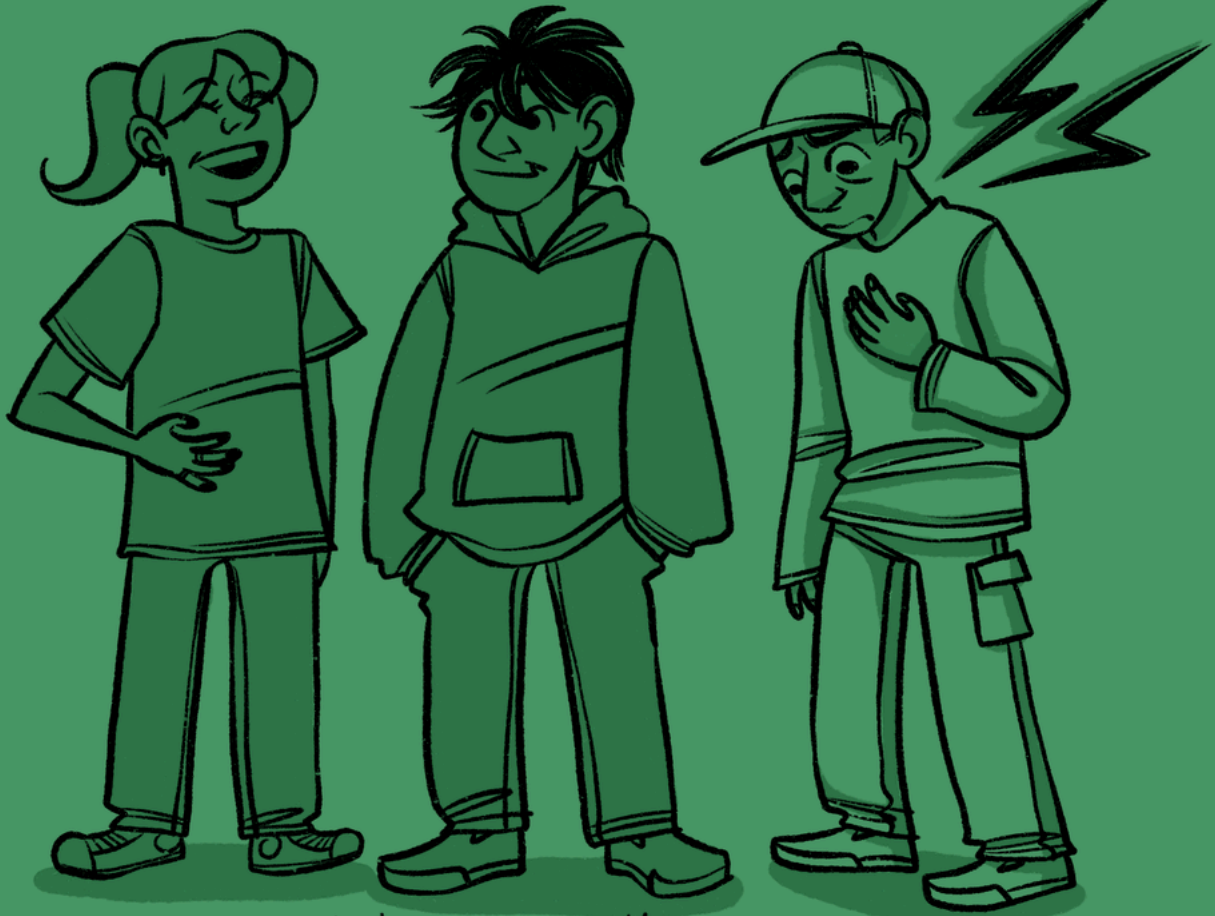


Your heart rate
is up and
racing.

You can't seem to catch your breath.



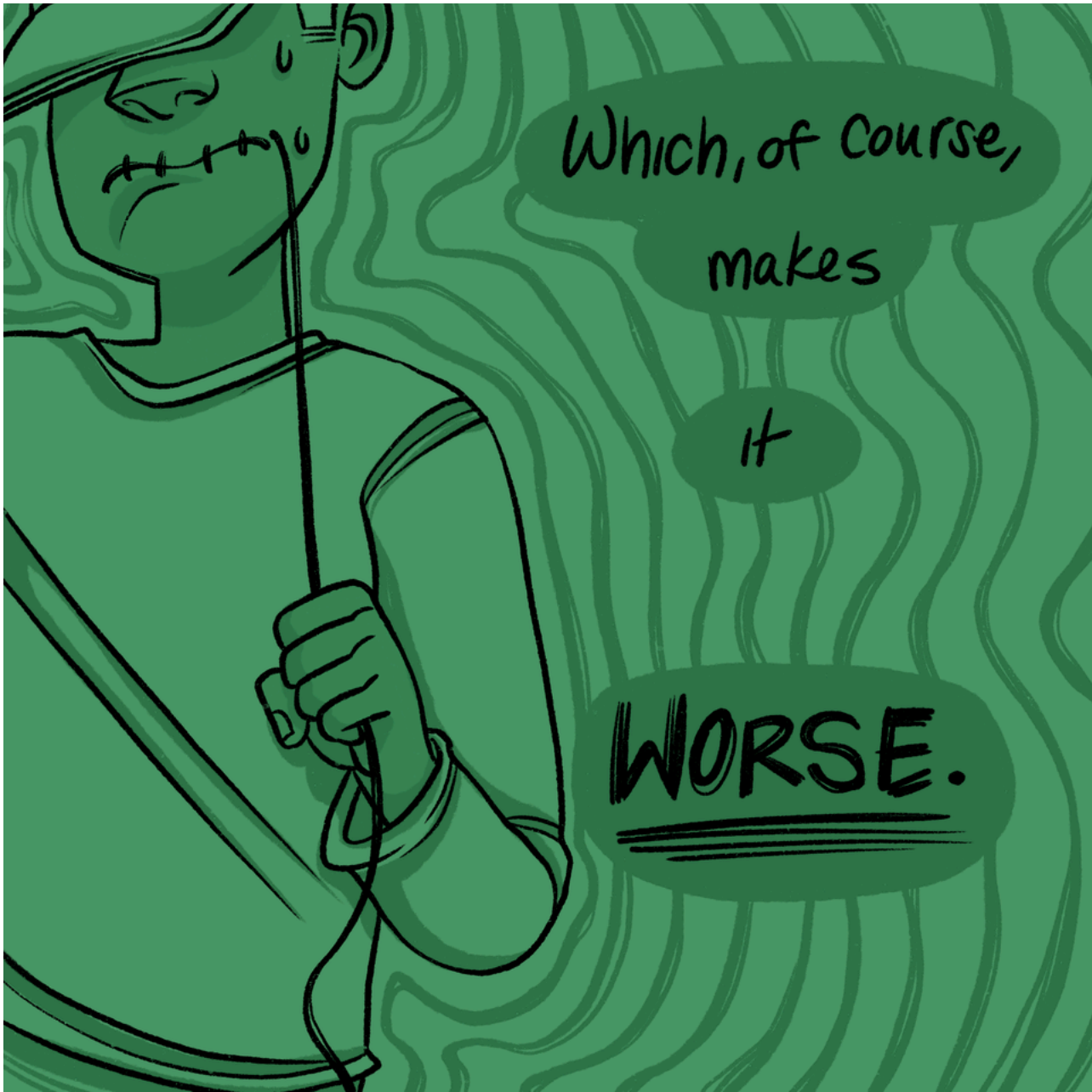
You feel like you're dying,



but you might actually die if anyone finds out how you're feeling.

And so you suffer in silence.





Which, of course,
makes

it

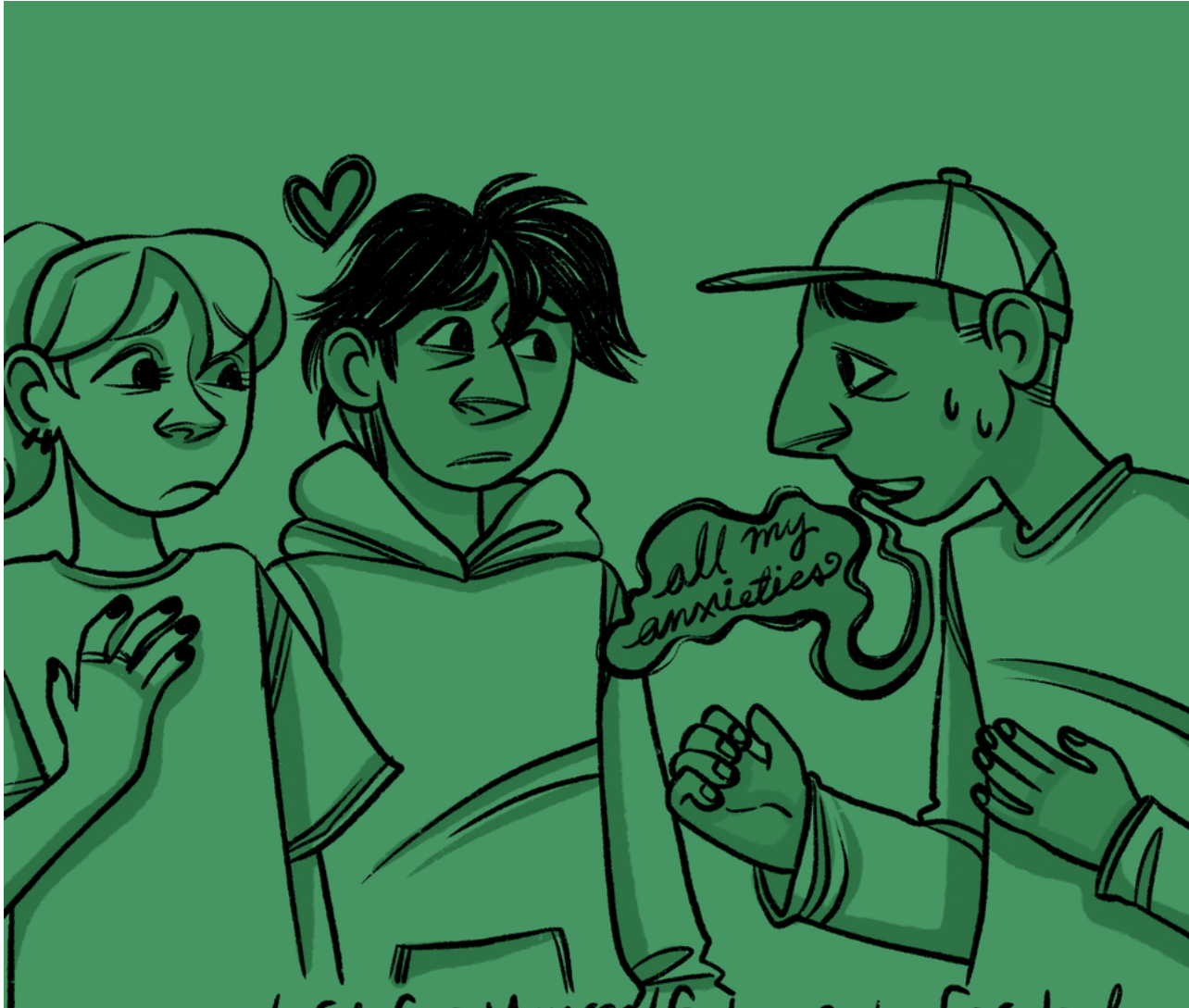
WORSE.

The sooner you speak up,
ask for help.....



... the sooner the haze
of panic begins to clear.





It's a victory for yourself to ask for help,
and a sign of your friend's love for them to
give it to you.