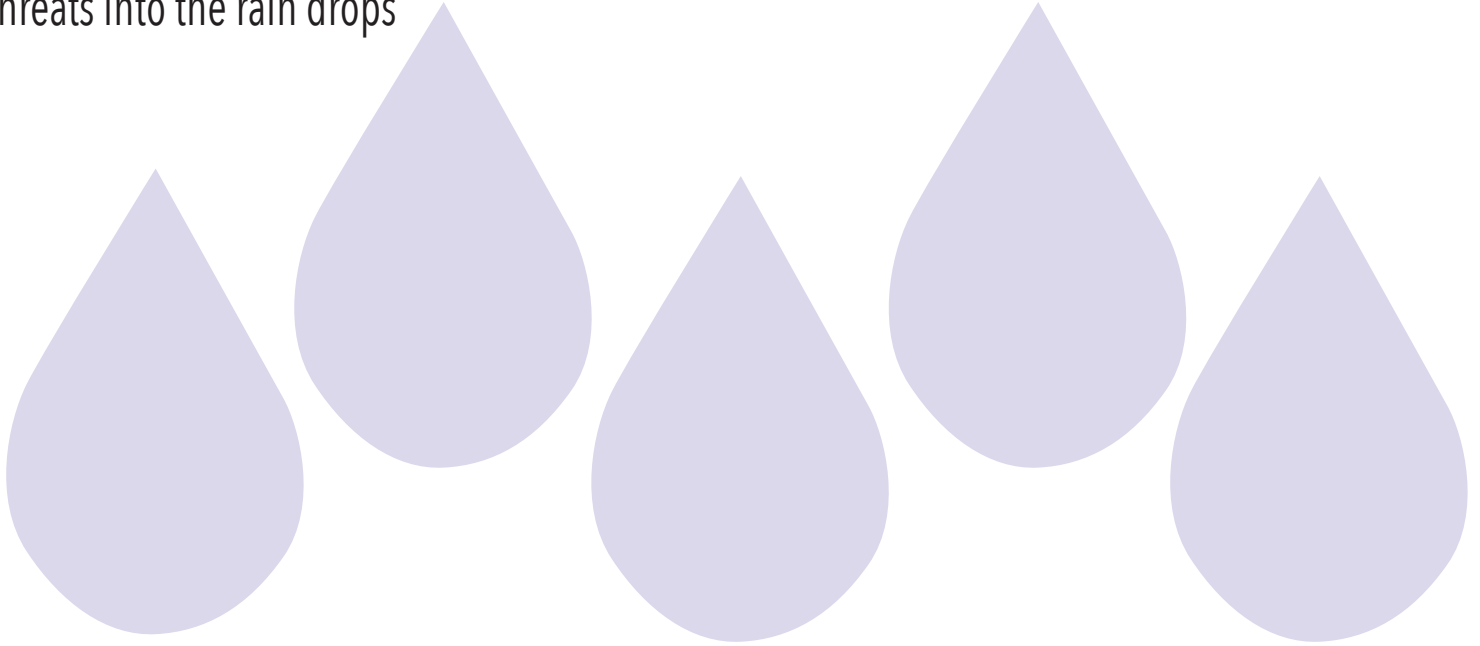


Shelter FROM THREATS

Do you have some known triggers, challenges or threats to your mental health? Place known threats into the rain drops



How can you shelter yourself from them? Knowing you are likely to experience threats consider how you can shelter yourself/protect yourself in those situations.

Place protectors in the umbrella.



shout
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here for
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