

More than a thousand hearts and minds joined our virtual celebration! Maraming salamat for showing up and sticking around, keeping the conversation on mental health alive.

As "Take it Easy, Kasama sa EC! Year 5" comes to a close, we thank you for being part of this journey toward lighter hearts and healthier minds.

Here's to hoping that next year, our hearts feel a little lighter than they do now. We know some days can be heavy, but together, we keep finding reasons to smile and move forward.

 **National Center for Mental Health (NCMH) 24/7 Crisis Hotline**

Nationwide: 1553 or 1800-1888-1553

Globe/TM: 0917-899-8727 | 0966-351-4518

Smart/TNT: 0919-057-1553

 **Hopeline PH 24/7 Suicide Prevention and Emotional Crisis Line**

Globe: 0917-558-4673

Smart: 0918-873-4673

Keep checking in with your friends and yourself too! You never know who needs it.