

“ You know this already,  
but you have some really

*amazing people*

in your life who are totally  
going to be there for you.

**Try not to feel guilty or ashamed  
to reach out to them if you need it.**

[ They honestly don't  
mind and only want ]

*the best for you.”*

This quote was taken from 'Letter to January  
2016 Me' by Sophie. Read the full blog here:  
[www.selfharm.co.uk/cards](http://www.selfharm.co.uk/cards)

*Youthscape*