

**How was your weekend?**

I attempted suicide.

**You know...same old,  
same old.**

**DON'T HIDE BIG PROBLEMS  
WITH SMALLTALK.**

If you need help contact your  
local Addiction and Mental Health office,  
or call 811 for more information.  
[www.gnb.ca/health](http://www.gnb.ca/health)

New  Nouveau  
**Brunswick**