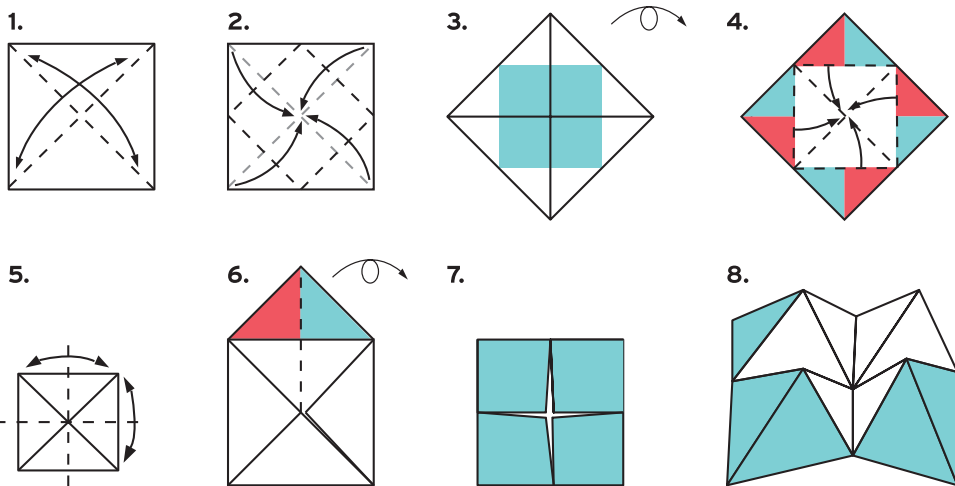


### Folding Instructions



### How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation

**time to change**

let's end mental health discrimination