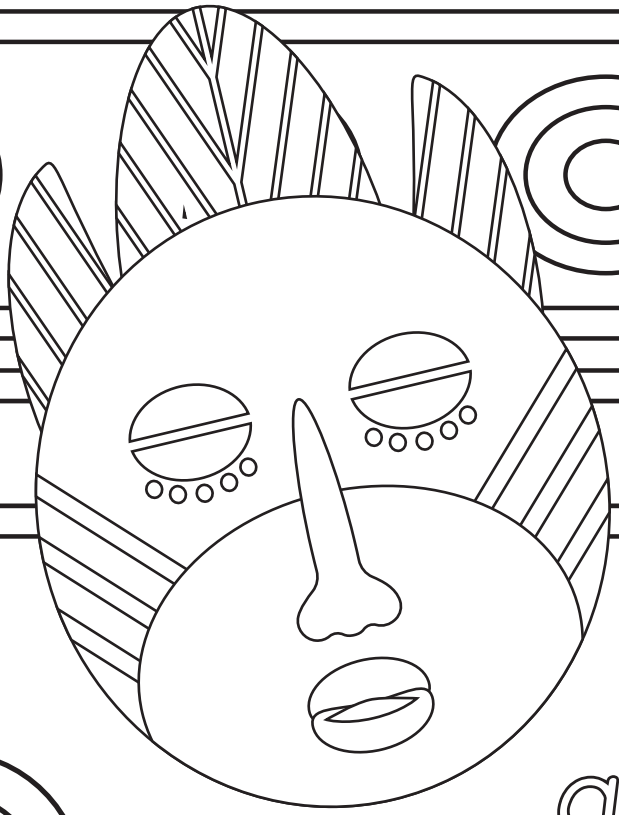
Don't hide behind a mask





Talk to others about how you feel