

YOU'RE STRONGER WITHOUT

➔ **You have the power
to be stronger by
choosing YOU
over using.**

Don't numb your emotions with substances. Lean into the things and people you love, and find new ways to manage stress. We can help. Learn more, find a community and tap into resources:

[STRONGERWITHOUT.COM](https://strongerwithout.com)



 @EYEforPrevention

 **PUBLIC HEALTH
INSTITUTE**
AT DENVER HEALTH..