Thank you to those who shared their unique encouraging messages at the Strings of Hope event of the Counseling Center this week. We hope that these genuine messages of care will touch and uplift many more. Take your time to read through the words of your peers and feel the warm support of this community:

- Make sure to know you’re loved and to learn to love yourself.
- Hey there, I know you aren’t having the best time right now. But this is the time to find inner peace. You’ll get through this, strong one!
- You can do this little brother. I believe in you. We all do. You are incredible and amazing. You have so much for the world to offer. I love you, big sister.
- I know it’s hard to remember you matter and that you’re loved. But I promise you’re stronger than you feel, you matter more than you know, and you are loved. You are not alone.
- Life’s not the mountain tops; it’s the walking in between them.
- I know it may not seem like it right now, but there is always hope for happiness. Keep going! You can get through this!
- We all have a meaning in this world. We all are special. We all are great and wonderful.
- No matter what is going on, there is someone out there who have gone through a similar experience and someone to talk to.
- You are a beautiful human being! Believe in yourself!
- It gets better. It may not feel like it today, but tomorrow is a whole new day - a new chance to start over.
- You are created perfect and unique. Love yourself for who you are. You are important. You are loved.
- I know things look rough right now but if you keep smiling and looking at all the good in your life, one day you will have an amazing day!
- You are stronger and braver than you think. You are loved and valued for who you are. Hugs!
- You’re brave. No one can tell you who to be! There will always be someone there who know how you feel and got through it. Have Faith! Good luck!
- One day you will be able to look back and see how far you have come.
- I know how painful it is right now, the pain seems unreal, but there ARE people out here to help you. They care, and it is going to pass with time. You are loved and cared for.
- Believe in yourself. You are able to handle any problem you face. Reach out. People care more than you think.
- It’s okay to only think of today. Don’t worry about tomorrow. Don’t stress about the past.
- Keep going! Things may seem tough and impossible now, but there is always hope!
- I believe that you have a purpose. I believe that someone loves you and cares about your success. I believe that you have a long life ahead of you. I believe that you can overcome all our adversities.
- Hold on. Keep going. Awake every morning knowing hope is real and can stay. Pain, though real, will go away!
- Everything might change in college but that doesn’t change who you are. Keep trying when things get rough and keep going. Believe in yourself!
- Hope is possible!!! Reach out to someone. Believe in yourself.
- People are available to care and help. Reach out for support.

Find those words that really speak to you and remind yourself of your worth and of the support around you whenever you need it. And remember that the Counseling Center staff is also here for you!