

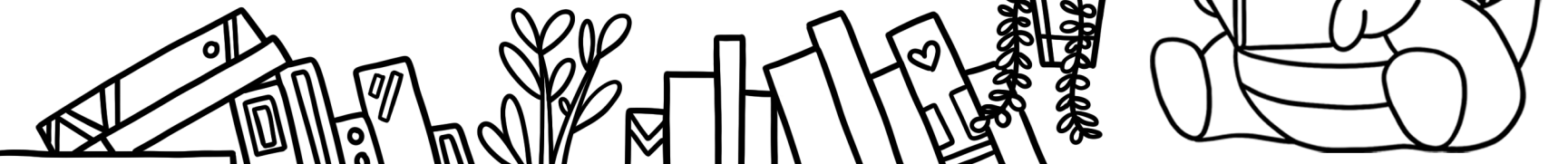


learn about today

from yesterday.

everything you've

done is a lesson for
what you're going to do

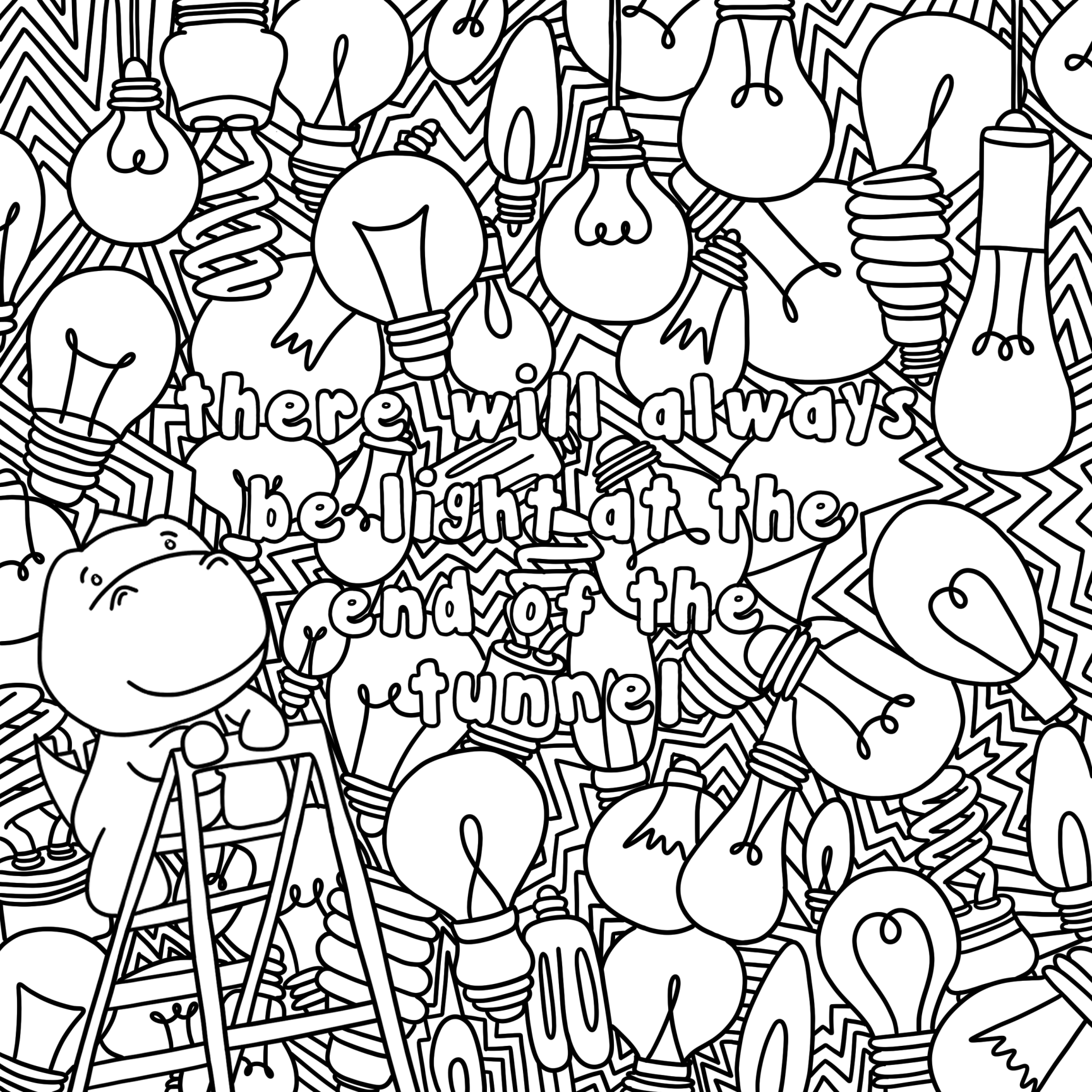




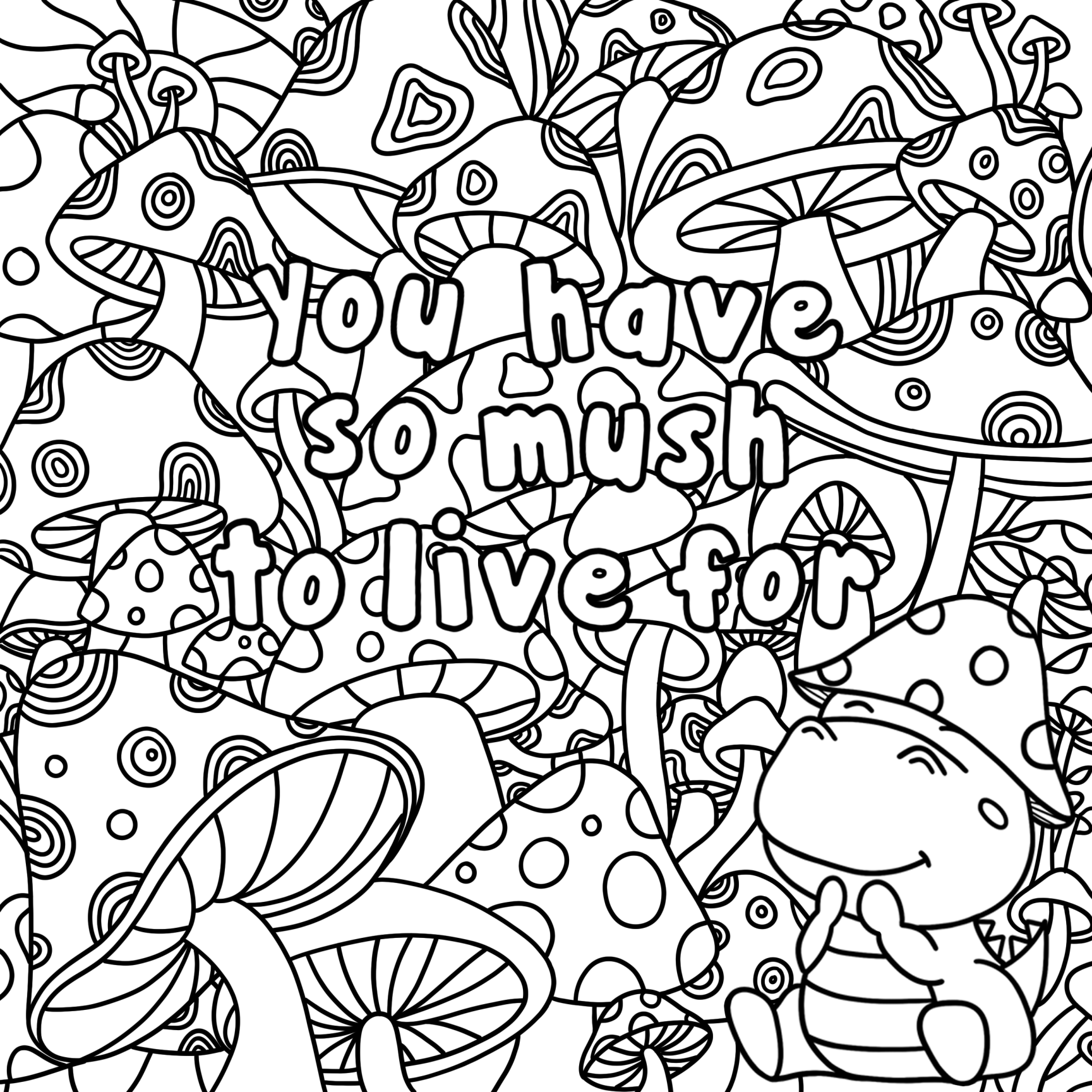
If you're going
through hell, don't
stop and camp!

life may not always
feel worth living but
your life matters
to someone





there will always
be light at the
end of the
tunnel



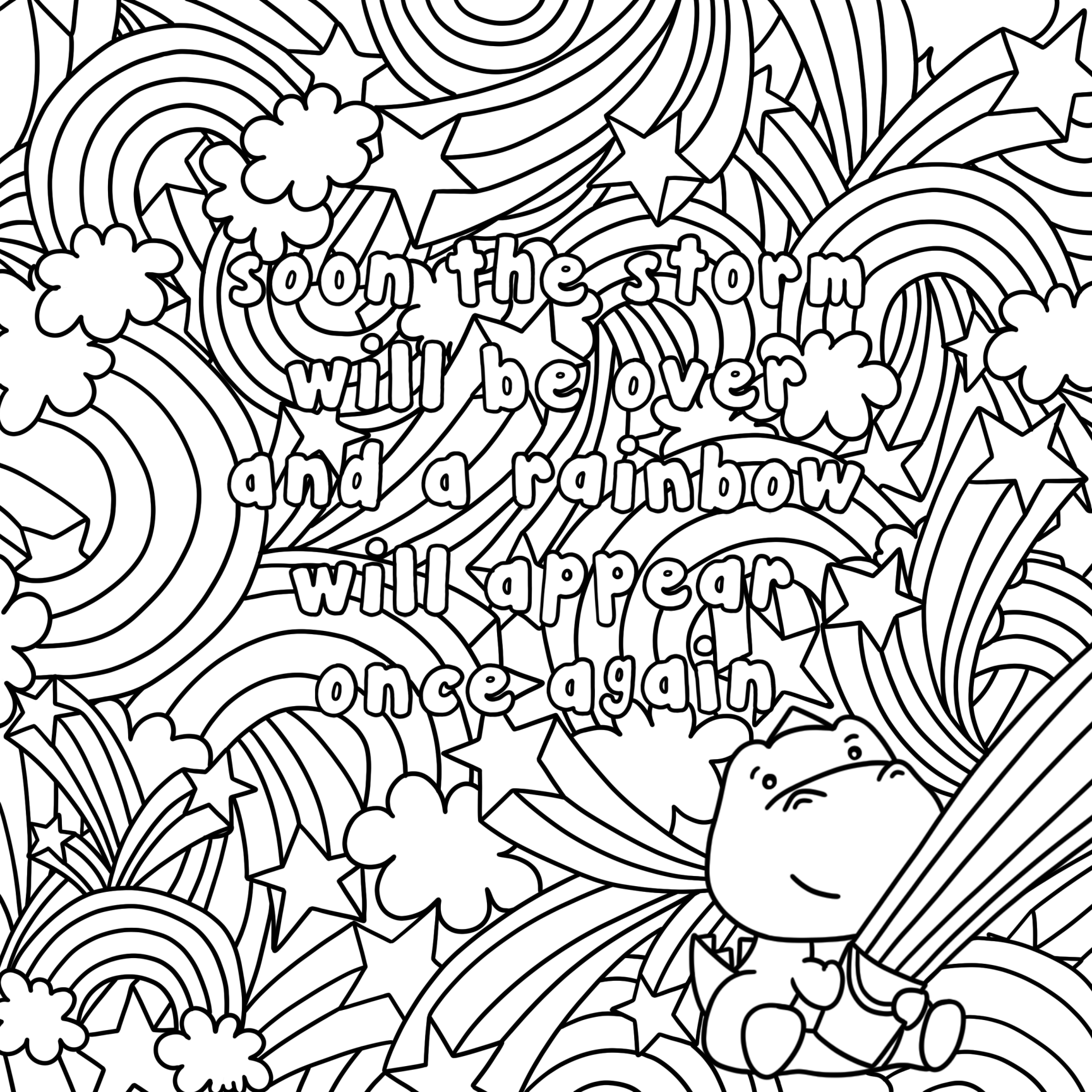
you have

so much

to live for



You don't have
to do this
alone



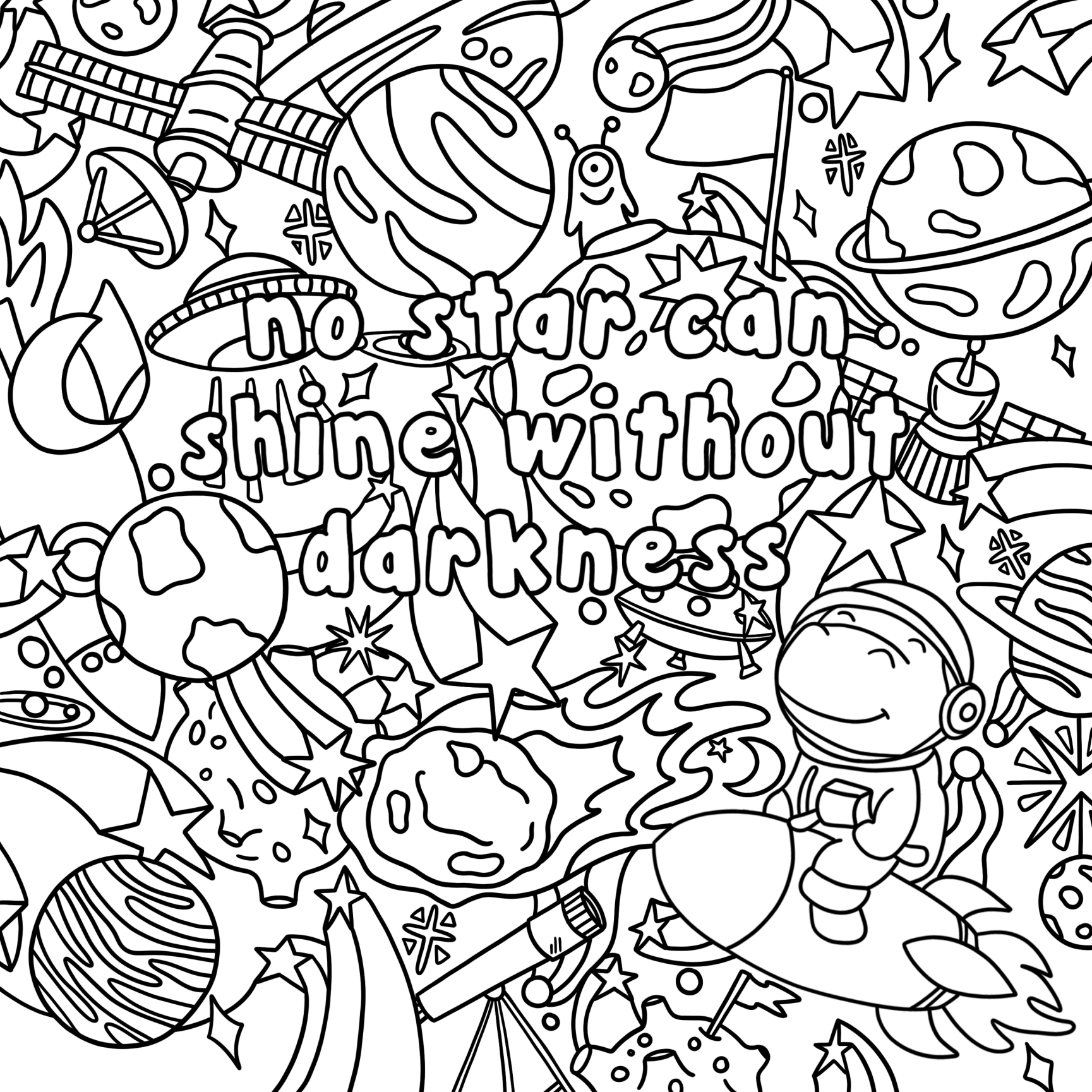
soon the storm
will be over
and a rainbow
will appear
once again



take care of
yourself. you
are worth it.
honest



no star can
shine without
darkness



Fancy a daily pick-me-up?

Follow [@throughtogether](#) for daily messages of hope, written and shared anonymously by Londoners.

A Messages of Hope and Thrive LDN collaboration.

