

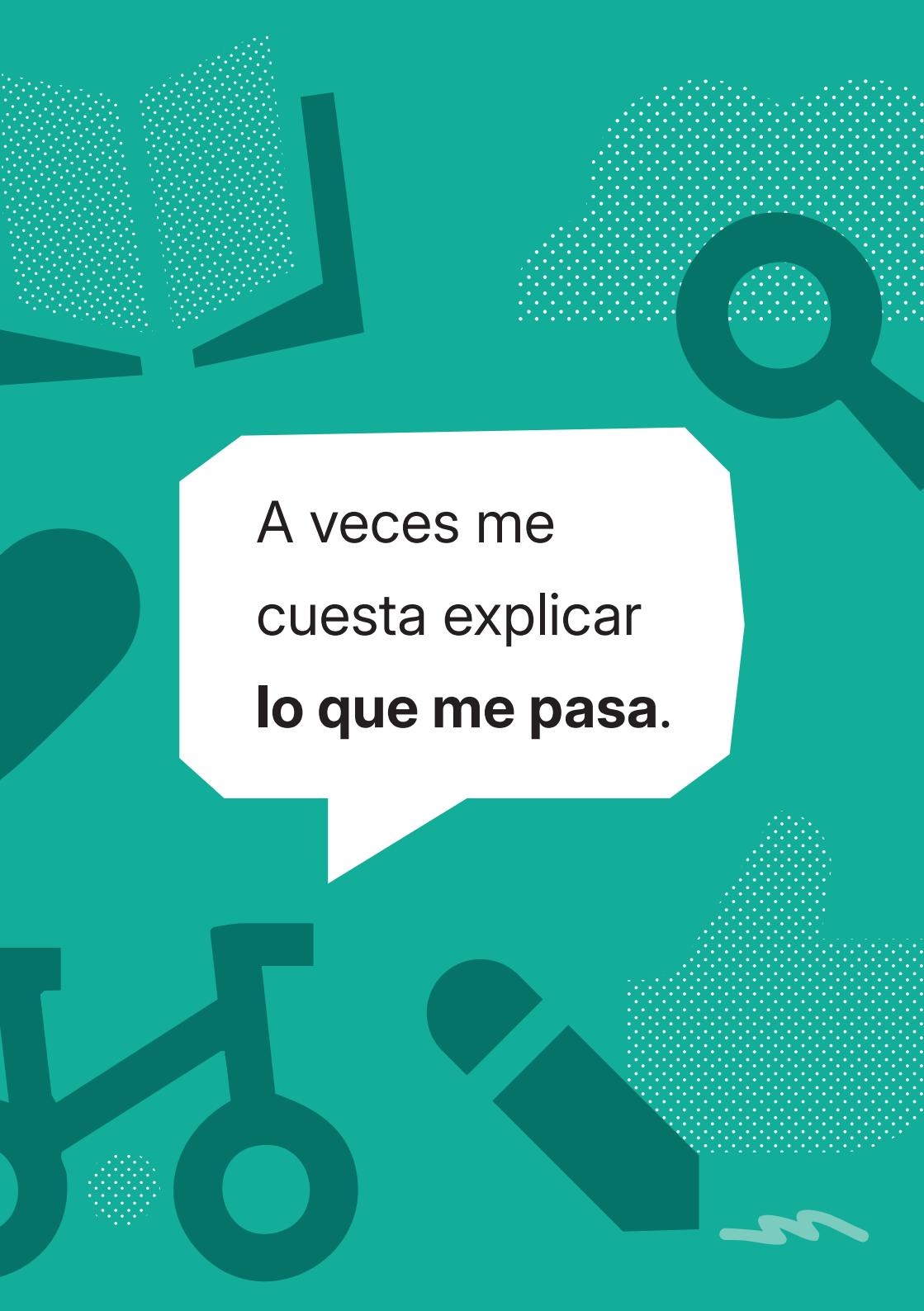
NiSilencio NiTabú

Hablemos de salud mental



Frase 1

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid teal color. It features several abstract shapes and icons: a large magnifying glass in the upper right, a stylized bicycle in the lower left, a pencil in the lower right, and various organic shapes with white dot patterns. A white speech bubble is centered in the middle of the image.

A veces me
cuesta explicar
lo que me pasa.

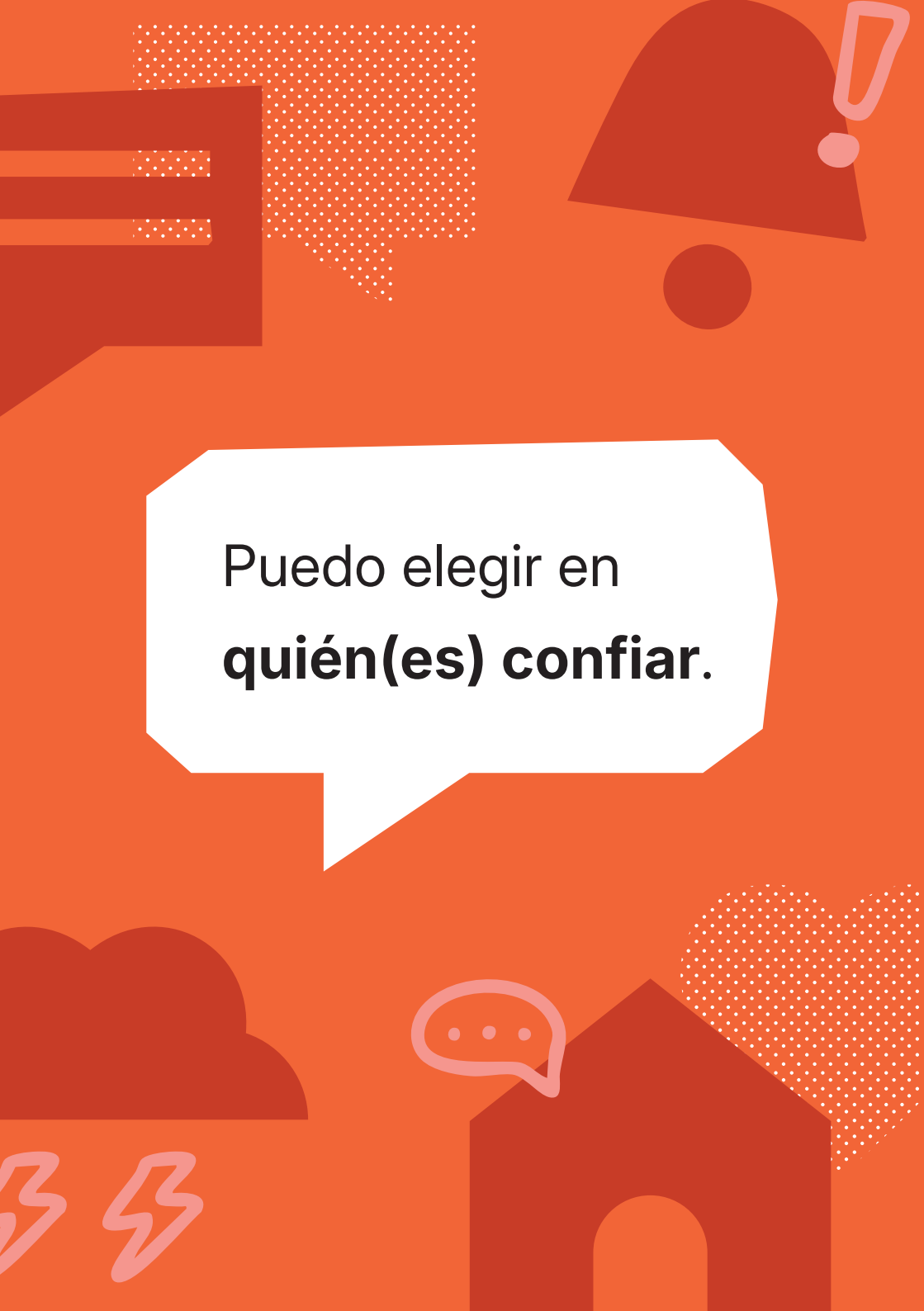
NiSilencio NiTabú

Hablemos de salud mental



Frase 2

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and icons in a darker shade of orange. In the top left, there is a large speech bubble with horizontal lines. To its right is a smaller speech bubble with a dotted pattern. In the top right, there is a bell icon with an exclamation mark. In the bottom left, there are two lightning bolt icons. In the bottom right, there is a house icon with a speech bubble above it, and a heart shape with a dotted pattern. A large white speech bubble is centered on the page, containing the text.

Puedo elegir en
quién(es) confiar.

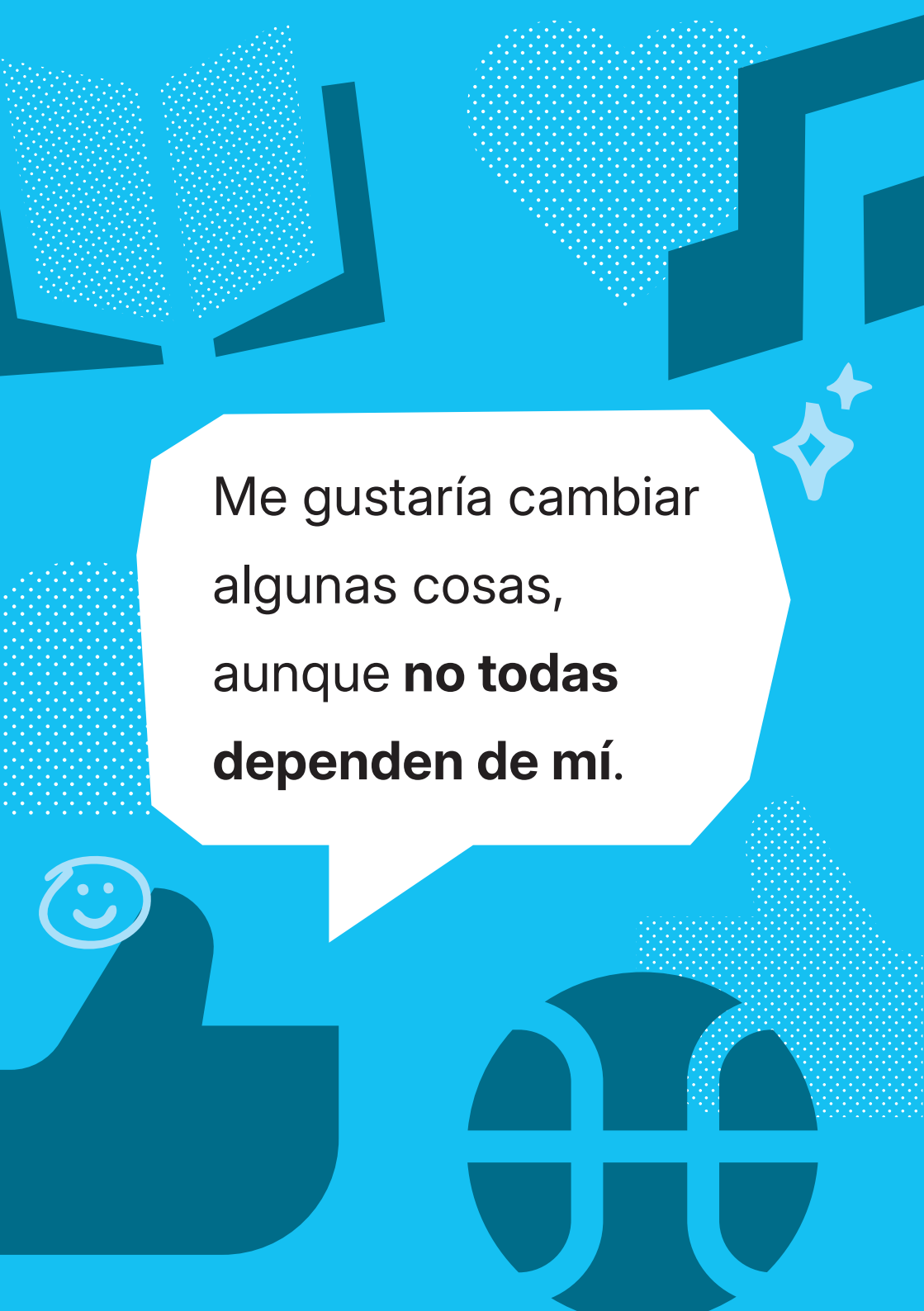
NiSilencio NiTabú

Hablemos de salud mental



Frase 3

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me gustaría cambiar
algunas cosas,
aunque **no todas**
dependen de mí.

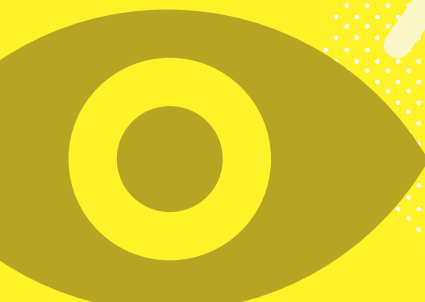
NiSilencio NiTabú

Hablemos de salud mental



Frase 4

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Puedo expresar
mis **emociones**.

NiSilencio NiTabú

Hablemos de salud mental



Frase 5

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric elements. There are large, stylized shapes like a comb-like structure on the top left, a large 'C' shape on the top right, a large eye on the bottom left, and a house-like shape on the bottom right. Some areas have a white dotted pattern. A white speech bubble is centered in the middle.

Contar lo que me
pasa **me hace bien.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 6

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Puedo **aprender**
de lo que me pasa.

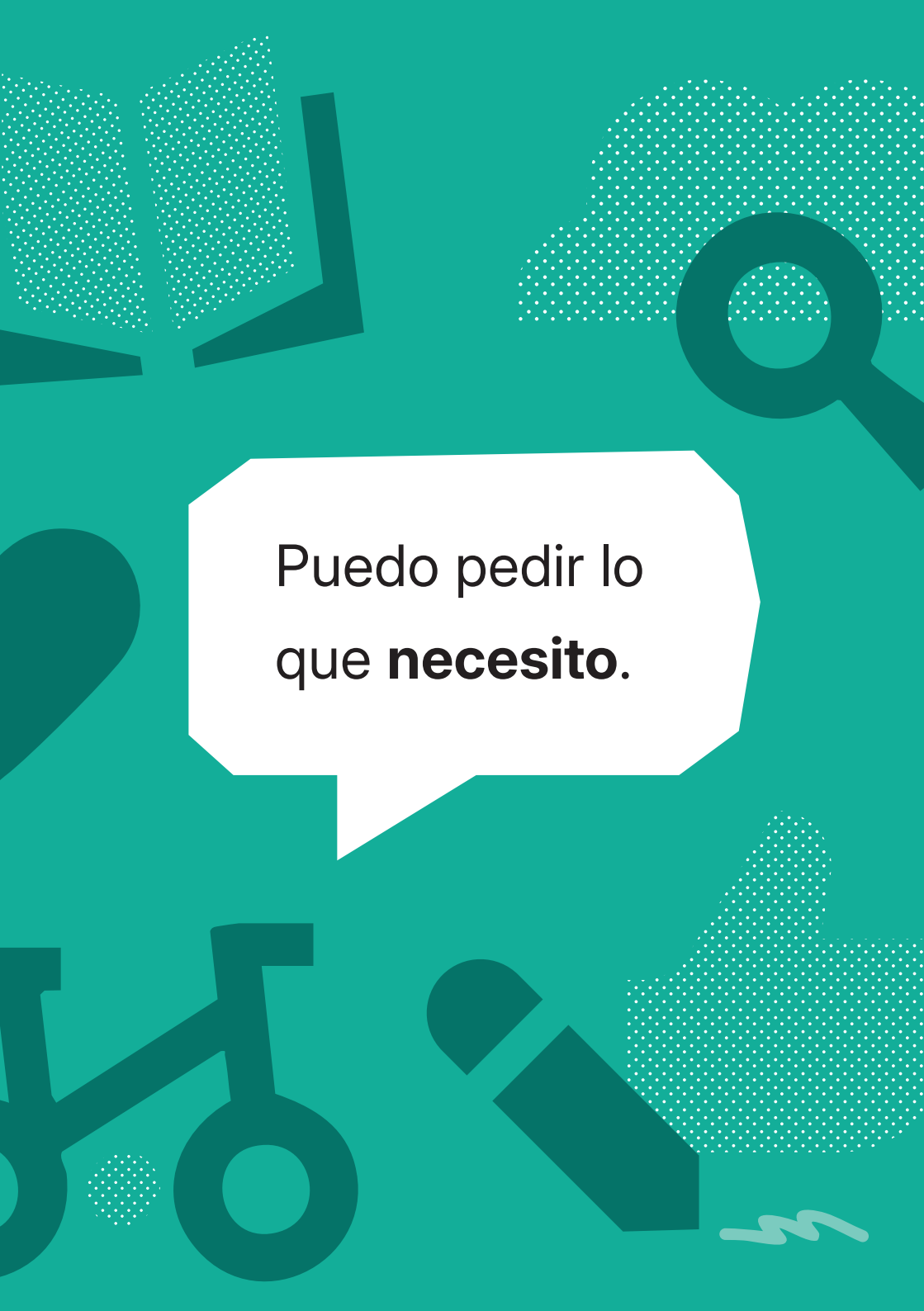
NiSilencio NiTabú

Hablemos de salud mental



Frase 7

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Puedo pedir lo
que **necesito**.

NiSilencio NiTabú

Hablemos de salud mental



Frase 8

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and patterns: a large dark orange shape in the top left with horizontal stripes; a dotted orange shape in the top center; a dark orange bell with a pink outline and exclamation mark in the top right; a dark orange circle below the bell; a large white speech bubble in the center containing the text; a dotted orange heart shape in the bottom right; a dark orange house-like shape in the bottom center with a pink speech bubble above it; and two light orange lightning bolt shapes in the bottom left.

Estoy bien
tal como soy.

NiSilencio NiTabú

Hablemos de salud mental



Frase 9

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant blue with various abstract elements. In the top left, there are two overlapping shapes with a white dotted pattern. To their right is a large heart shape, also with a white dotted pattern. Further right is a dark blue geometric shape resembling a stylized 'L' or a corner. In the bottom left, there is a dark blue shape with a white smiley face icon and a circular arrow around it. In the bottom right, there is a dark blue shape with a white grid pattern. A white speech bubble is centered in the middle of the image.

Me siento **bien.**

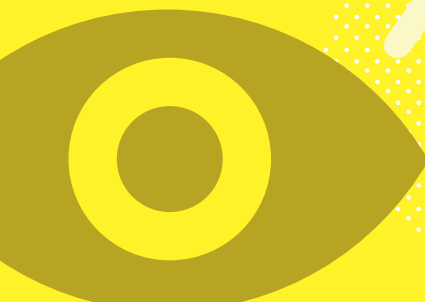
NiSilencio NiTabú

Hablemos de salud mental



Frase 10

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me hace bien sentir
que **me escuchan.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 11

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric shapes and patterns. There are large, stylized letters 'E' and 'C' in the top corners. A large eye is in the bottom left, and a house-like shape is in the bottom right. A small speech bubble with three dots is near the house. A large exclamation mark is on the left. The central text is in a white speech bubble.

Siento que **se**
me reconoce.

NiSilencio NiTabú

Hablemos de salud mental



Frase 12

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Siento que
me valoran.

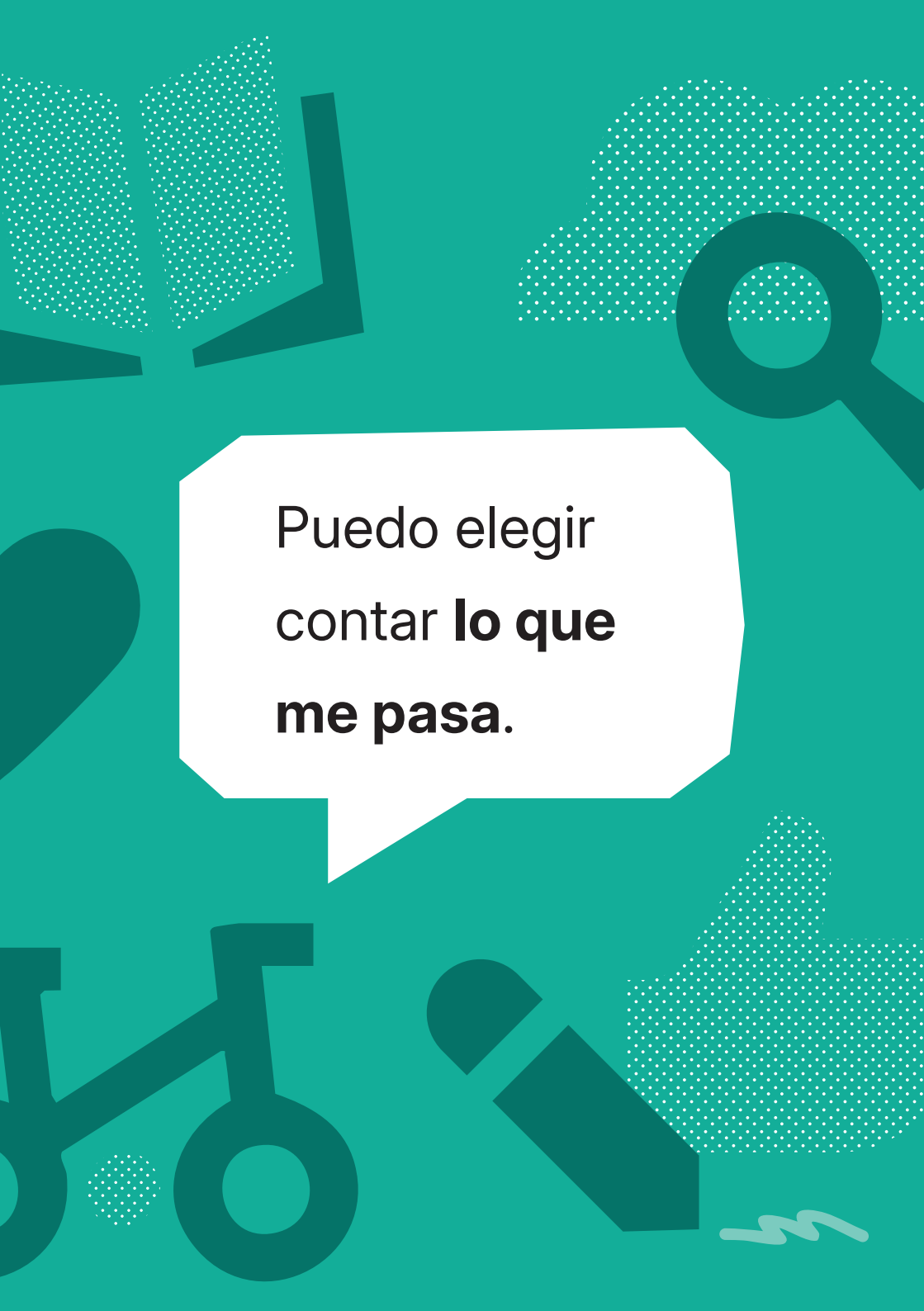
NiSilencio NiTabú

Hablemos de salud mental



Frase 13

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid teal color. It features several white dotted shapes: a large cloud-like shape in the top left, a smaller one in the top right, and a larger one in the bottom right. There are also dark teal geometric icons: a magnifying glass in the top right, a stylized bicycle in the bottom left, and a pencil in the bottom right. A white speech bubble is centered in the middle of the image.

Puedo elegir
contar **lo que**
me pasa.

NiSilencio NiTabú

Hablemos de salud mental



Frase 14

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me gusta cuando
me hacen **reír**.

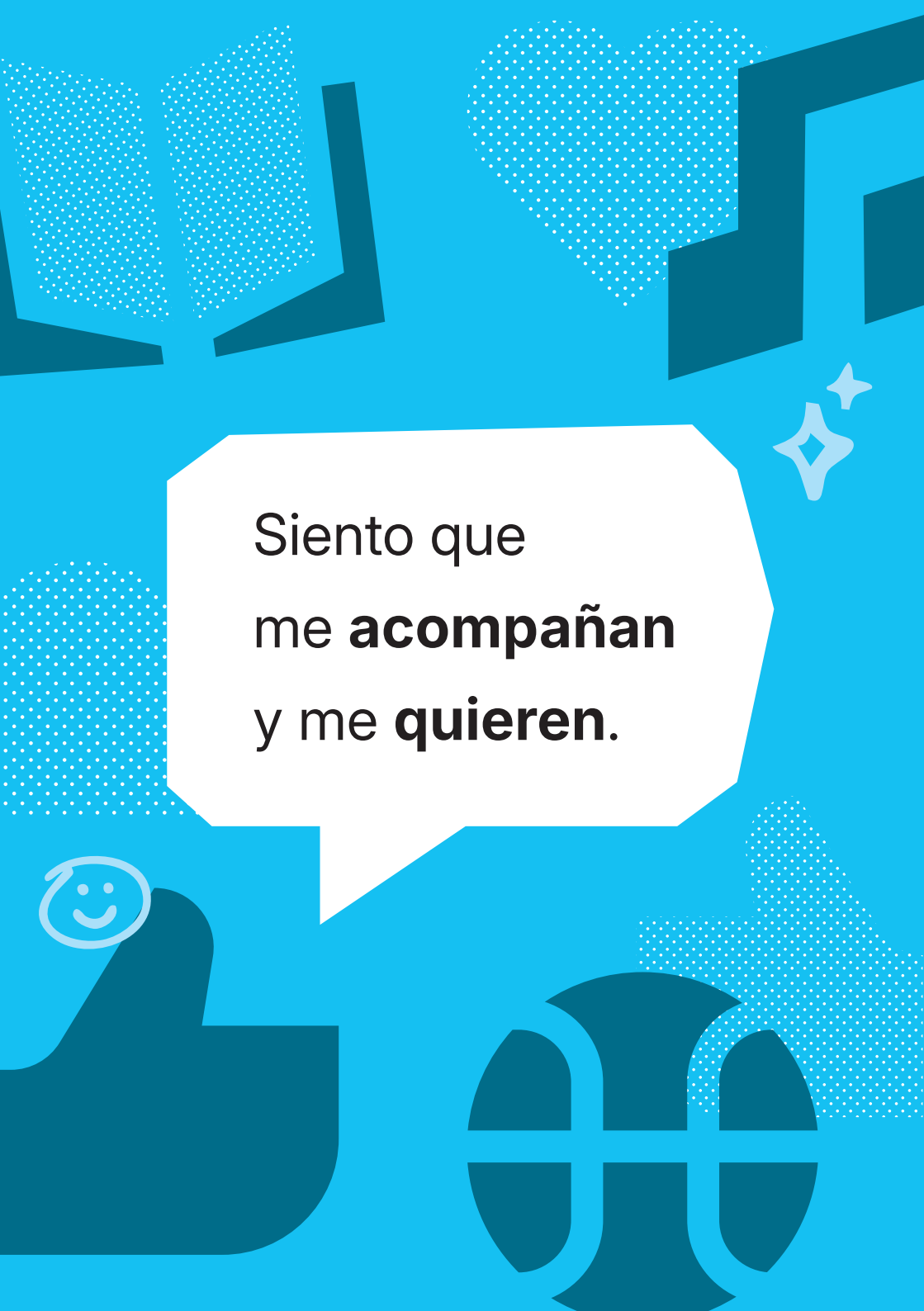
NiSilencio NiTabú

Hablemos de salud mental



Frase 15

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Siento que
me **acompañan**
y me **quieren**.

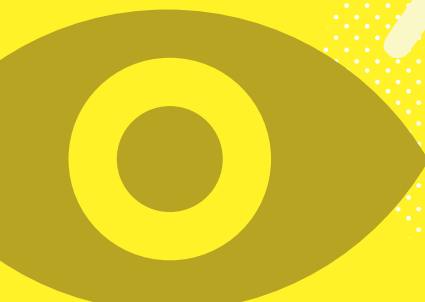
NiSilencio NiTabú

Hablemos de salud mental



Frase 16

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Para sentirme en calma
preciso **tomarme un
tiempo a solas y pensar.**

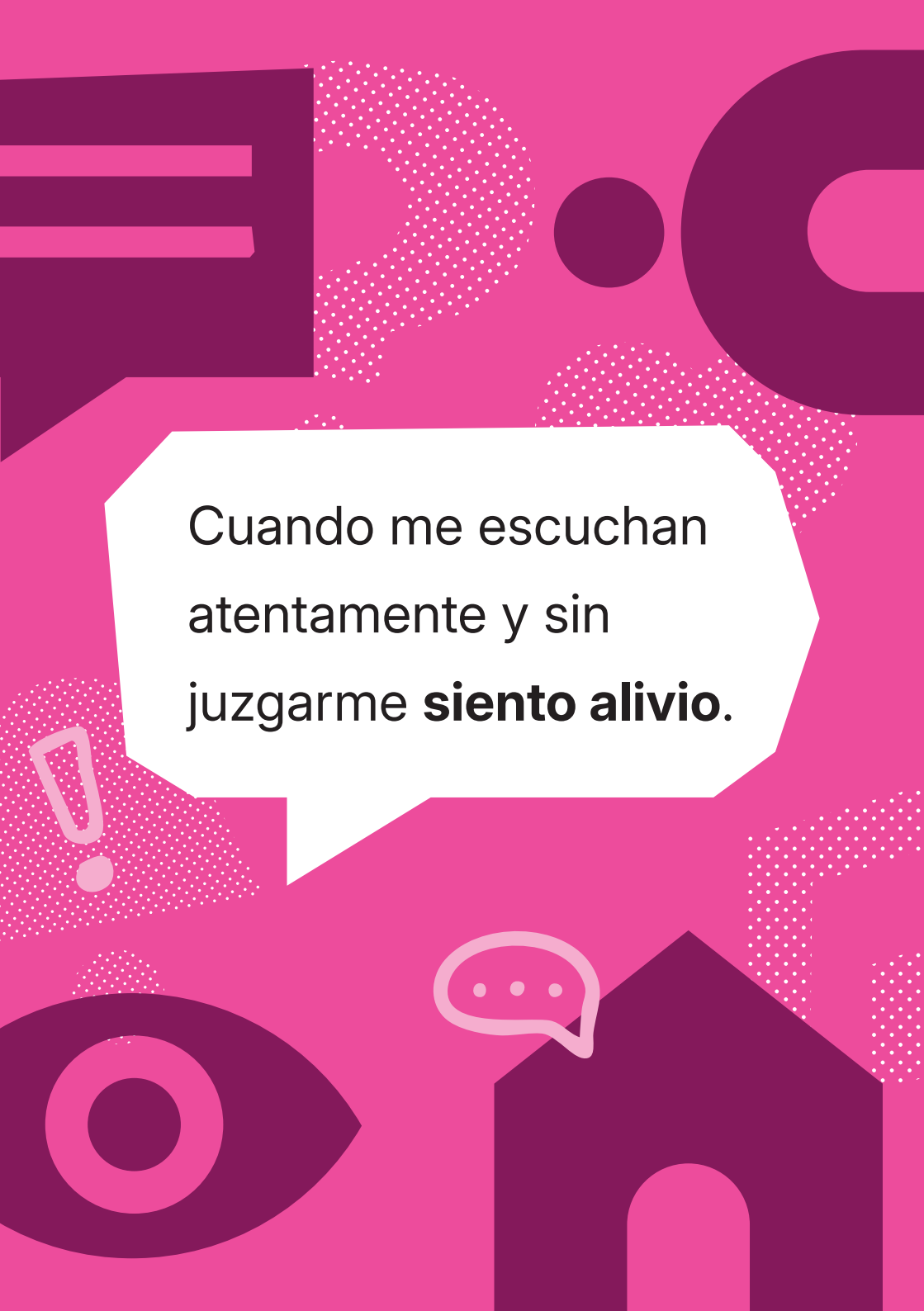
NiSilencio NiTabú

Hablemos de salud mental



Frase 17

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric shapes. There are large, stylized letters 'E' and 'C' in the top left and right. A large eye is in the bottom left, and a house-like shape is in the bottom right. A small speech bubble with three dots is near the house. A large exclamation mark is on the left. The text is centered in a white speech bubble.

Cuando me escuchan
atentamente y sin
juzgarme **siento alivio.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 18

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Pude **aprender**
de lo que me pasó.

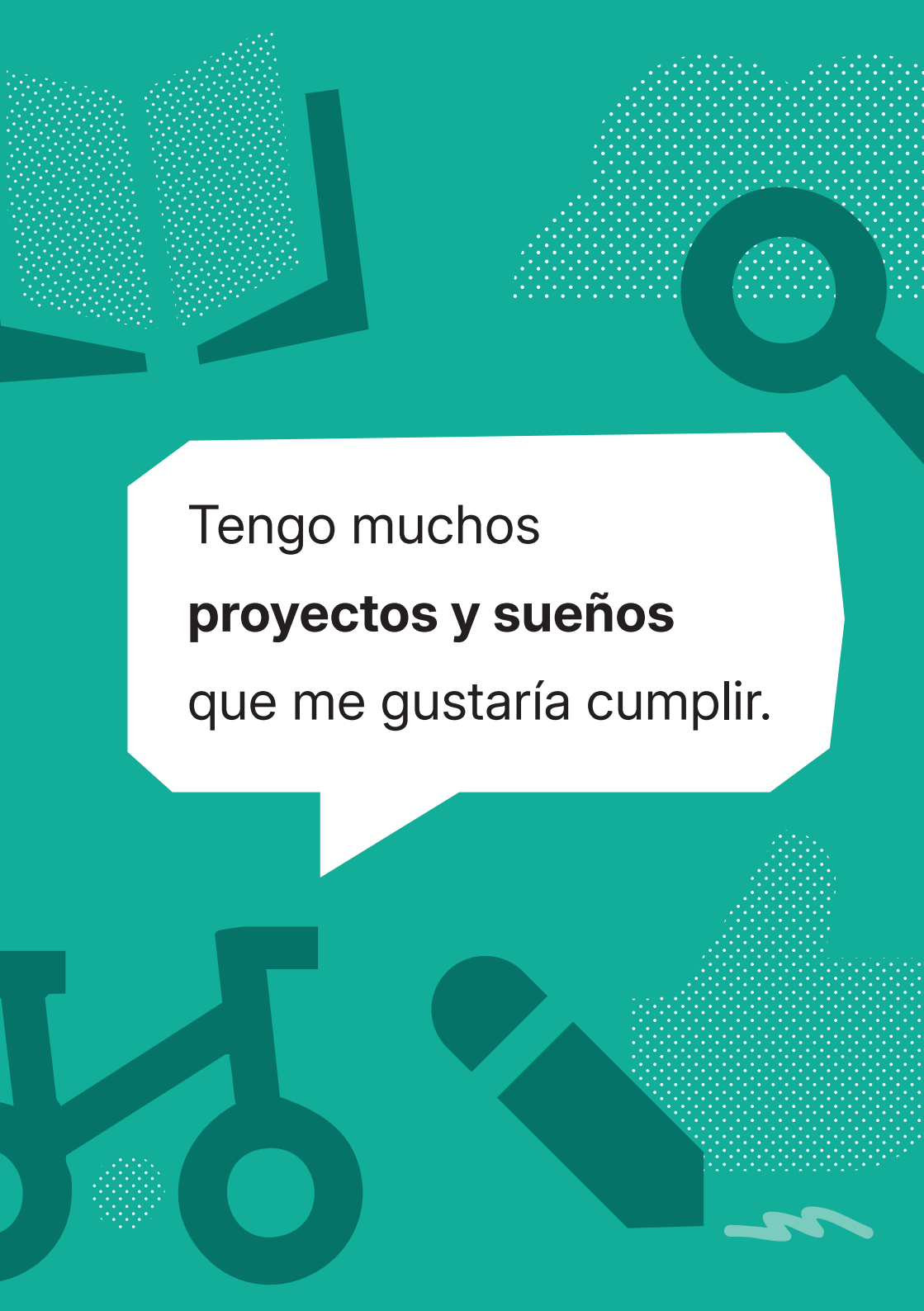
NiSilencio NiTabú

Hablemos de salud mental



Frase 19

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Tengo muchos
proyectos y sueños
que me gustaría cumplir.

NiSilencio NiTabú

Hablemos de salud mental



Frase 20

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and patterns: a large dark orange shape in the top left with horizontal stripes; a dotted orange shape in the top center; a dark orange bell with a pink outline and a pink dot in the top right; a dark orange circle below the bell; a white speech bubble with a dark orange tail in the center containing the text; a dotted orange heart shape in the bottom right; a dark orange house-like shape with an arched doorway in the bottom center; a pink speech bubble with three dots above the house; a dark orange cloud-like shape in the bottom left; and two pink lightning bolt shapes in the bottom left corner.

**Respeto tu forma
de pensar, aunque
no esté de acuerdo.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 21

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Agradezco que me
hayas **compartido**
lo que sentís.

NiSilencio NiTabú

Hablemos de salud mental



Frase 22

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Puedo pedir **ayuda.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 23

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink. It features several abstract elements: a large, dark purple 'E' shape on the left; a large, dark purple 'C' shape on the right; a large, dark purple eye shape in the bottom left; and a large, dark purple house-like shape in the bottom right. There are also several circular and polygonal shapes with a white dot pattern. A white speech bubble with a black outline is centered in the upper half. Inside the speech bubble, the text 'Tengo en quien confiar.' is written in a black, sans-serif font. The word 'confiar' is bolded. A small, light pink speech bubble with three dots is located near the bottom center, above the house shape. A light pink exclamation mark is located on the left side, near the eye shape.

Tengo en
quien **confiar**.

NiSilencio NiTabú

Hablemos de salud mental



Frase 24

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Puedo **sentirme bien.**



NiSilencio NiTabú

Hablemos de salud mental



Frase 25

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid teal color. It features several white dotted shapes: a large one in the top left, a cloud-like one in the top right, and another cloud-like one in the bottom right. There are also dark teal geometric icons: a stylized open book in the top left, a magnifying glass in the top right, a speech bubble in the center, a bicycle in the bottom left, and a pencil in the bottom right. A small white dotted circle is near the bicycle's wheel, and a small white squiggle is near the pencil's tip.

No estoy **solo**.

NiSilencio NiTabú

Hablemos de salud mental



Frase 26

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



No estoy **sola.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 27

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Estoy en
compañía.

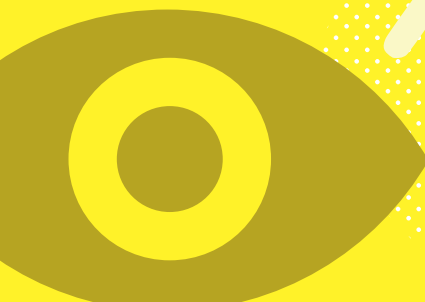
NiSilencio NiTabú

Hablemos de salud mental



Frase 28

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Está bien **no saber**
lo que sentís.

NiSilencio NiTabú

Hablemos de salud mental



Frase 29

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric shapes. There are large, stylized letters 'E', 'O', and 'C' in purple. A white speech bubble with a purple border is in the center. A purple eye is in the bottom left, and a purple house-like shape is in the bottom right. A purple speech bubble with three dots is above the house. A purple exclamation mark is on the left. A purple dotted circle is at the top. A purple dotted shape is on the right. A purple dotted shape is at the bottom right.

No está mal
equivocarse.

NiSilencio NiTabú

Hablemos de salud mental



Frase 30

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Todo es un
proceso.

NiSilencio NiTabú

Hablemos de salud mental



Frase 31

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Pedí **ayuda.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 32

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and icons in a darker shade of orange. In the top left, there is a large, dark orange shape with three horizontal bars. To its right is a speech bubble with a dotted pattern. In the top right, there is a large, dark orange shape resembling a bell or a dome with a small circle and a line above it. In the bottom left, there are two stylized, dark orange shapes that look like lightning bolts or the number '3'. In the bottom right, there is a dark orange shape resembling a house or a building with an arched doorway. Above the house is a small speech bubble with three dots inside. To the right of the house is a large, dark orange shape with a dotted pattern, resembling a heart or a cloud.

Me permito **sentir**.

NiSilencio NiTabú

Hablemos de salud mental



Frase 33

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant blue with various abstract elements. In the top left, there are two overlapping shapes with a white dotted pattern. To the right, a large heart shape is also filled with a white dotted pattern. Further right, there are dark blue geometric shapes, including a square and a trapezoid. In the bottom left, there is a dark blue shape with a white smiley face icon and a circular arrow around it. In the bottom right, there is a large, stylized white icon that resembles a globe or a network of interconnected nodes. The text is centered in a white speech bubble.

Hablar sana,
escuchar también.

NiSilencio NiTabú

Hablemos de salud mental



Frase 34

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



No pertenezco aquí.

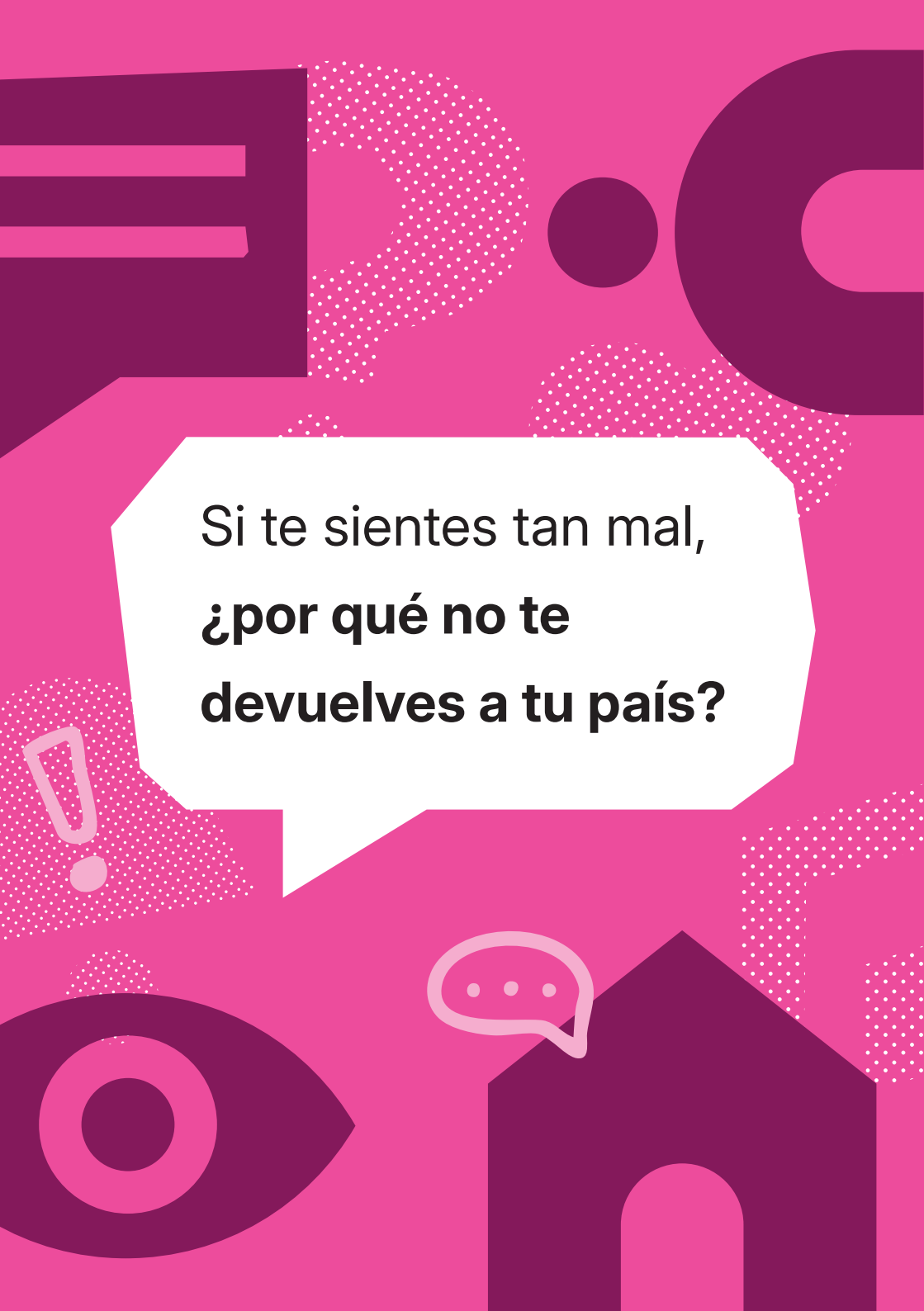
NiSilencio NiTabú

Hablemos de salud mental



Frase 35

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Si te sientes tan mal,
**¿por qué no te
devuelves a tu país?**

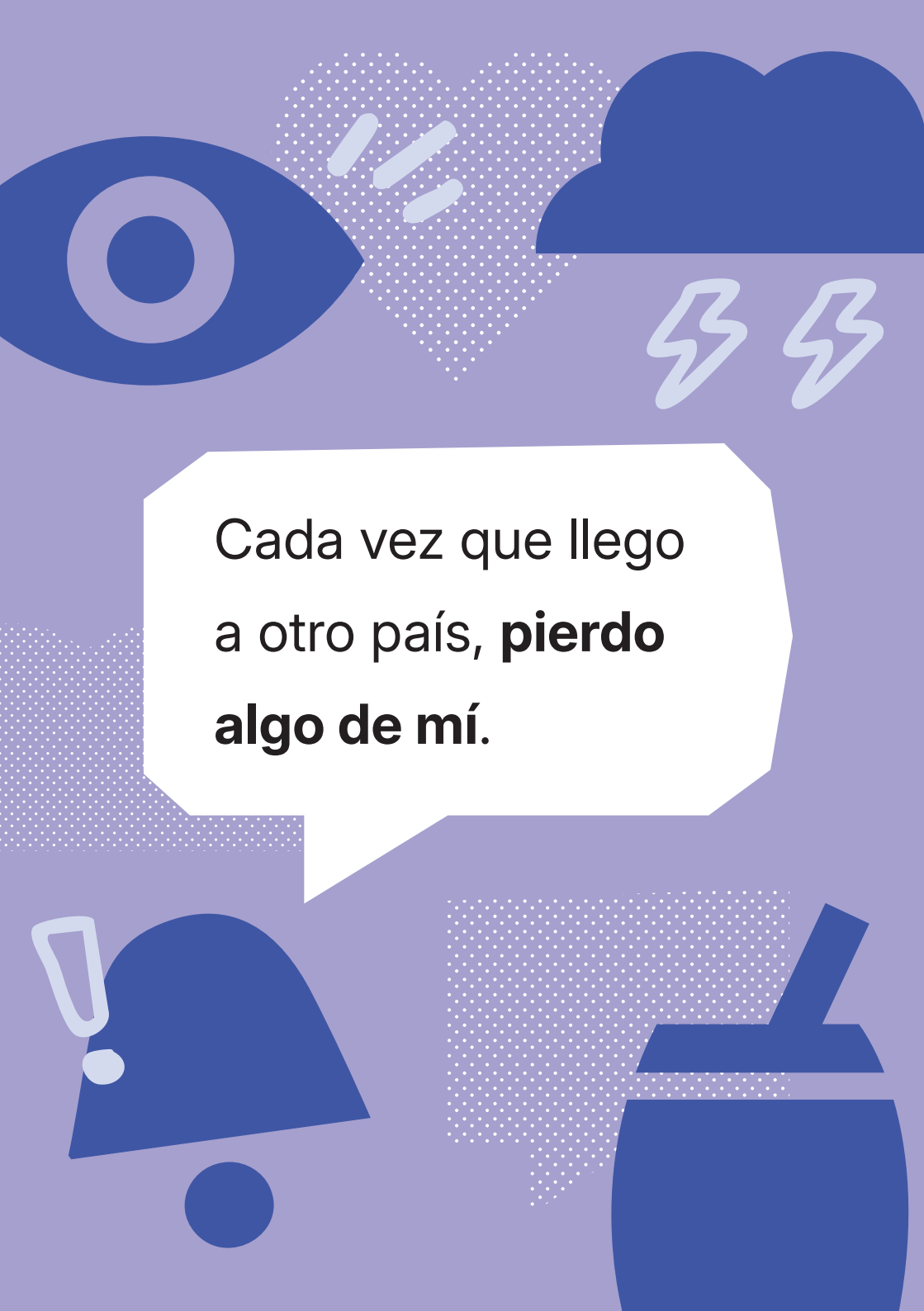
NiSilencio NiTabú

Hablemos de salud mental



Frase 36

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Cada vez que llego
a otro país, **pierdo**
algo de mí.

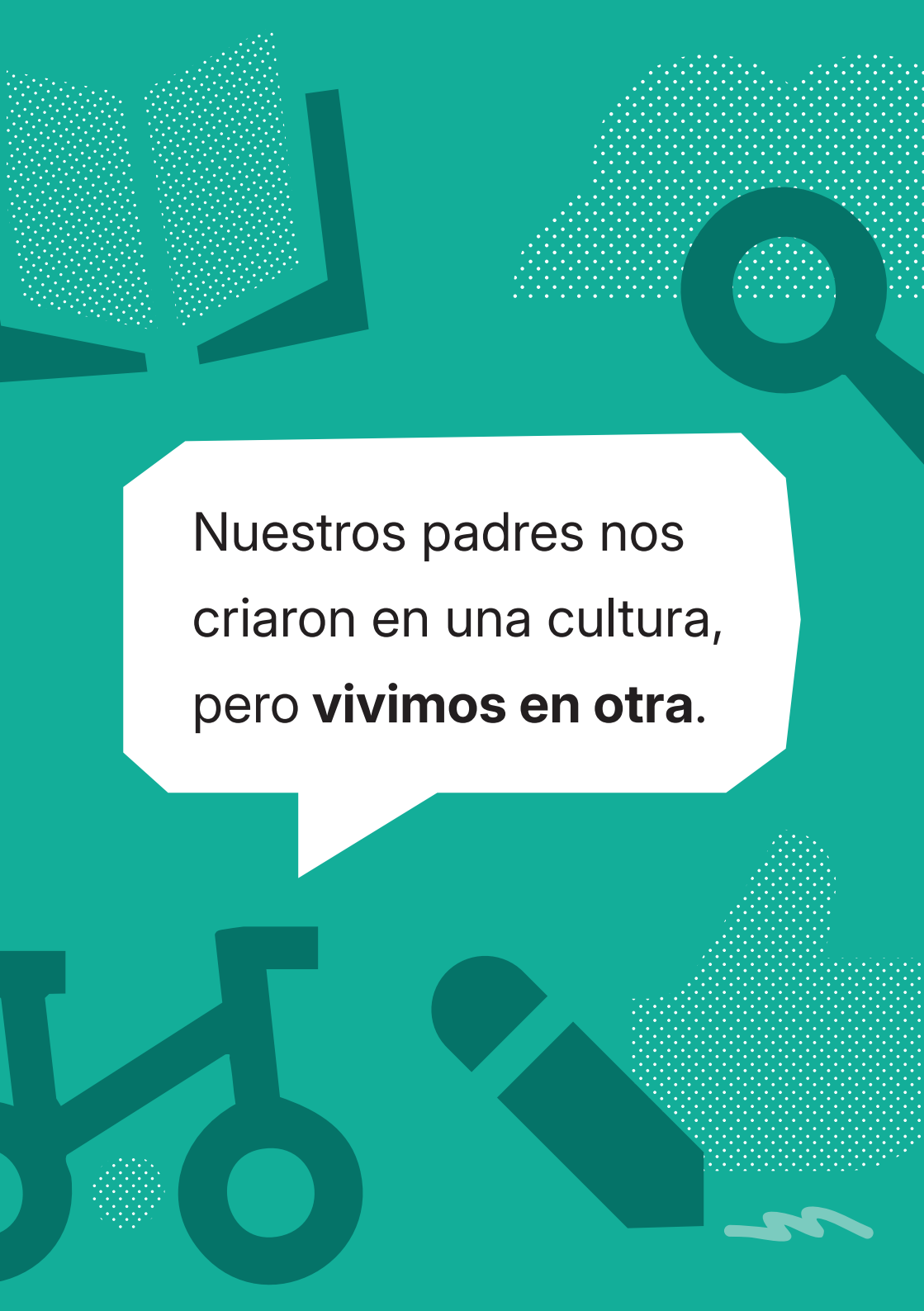
NiSilencio NiTabú

Hablemos de salud mental



Frase 37

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid teal color. It features several white dotted patterns: a large one in the top left, a smaller one in the top right, and another in the bottom right. There are also white geometric shapes: a large 'L' shape in the top left, a magnifying glass in the top right, a stylized bicycle in the bottom left, and a pencil in the bottom right. A white speech bubble is centered in the middle of the image.

Nuestros padres nos
criaron en una cultura,
pero **vivimos en otra.**

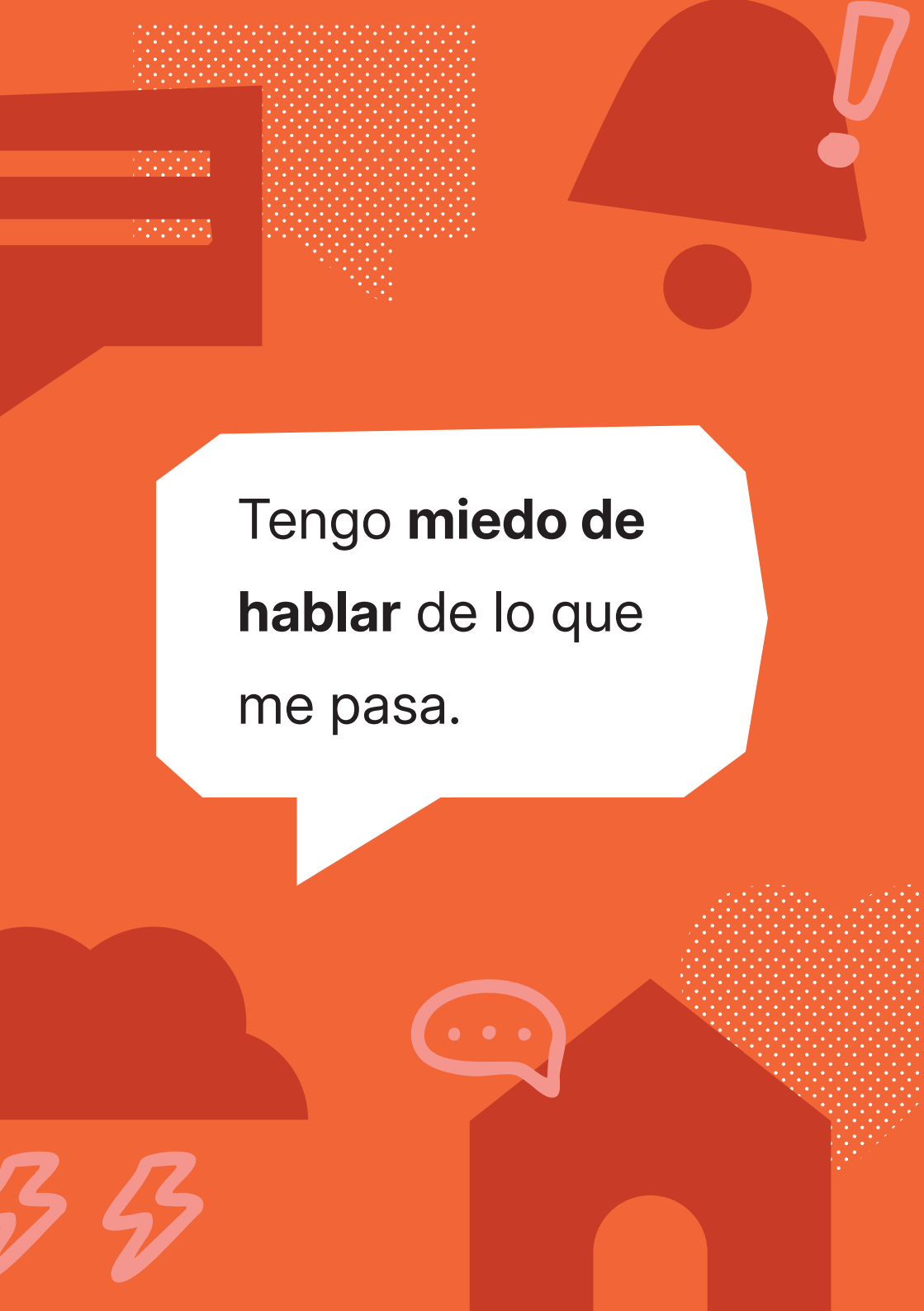
NiSilencio NiTabú

Hablemos de salud mental



Frase 38

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several stylized geometric shapes and icons: a large dark orange speech bubble on the left with three horizontal bars; a dark orange bell with a pink outline and a pink dot at the top right; a dark orange circle below the bell; a dark orange cloud on the bottom left; two dark orange lightning bolts on the bottom left; a dark orange house with an arched doorway on the bottom right; a pink speech bubble with three dots above the house; and two large, light orange shapes with a white dotted pattern, one in the top left and one on the right side.

Tengo **miedo de hablar** de lo que me pasa.

NiSilencio NiTabú

Hablemos de salud mental



Frase 39

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant blue with various abstract elements. In the top left, there are two overlapping shapes with a white dotted pattern. To their right is a large heart shape, also with a white dotted pattern. Further right is a dark blue geometric shape resembling a stylized 'L' or a corner. In the bottom left, there is a dark blue shape with a white smiley face icon and a circular arrow around it. In the bottom right, there is a large, dark blue, stylized shape that looks like a combination of a heart and a cross. The central text is contained within a white speech bubble.

No sé **quién** soy.

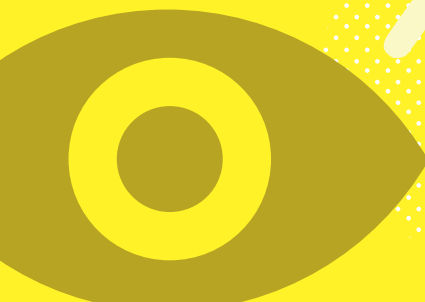
NiSilencio NiTabú

Hablemos de salud mental



Frase 40

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Ya se te va a
pasar, **superalo.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 41

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric elements. There are large, stylized letters 'E' and 'C' in the top corners. A dotted purple circle is in the top center. A large purple eye is in the bottom left. A purple speech bubble with three dots is in the bottom center. A purple exclamation mark is on the left. A large purple arch is at the bottom right. A white speech bubble with a black border is in the center, containing the text.

No me gusta
mi cuerpo.

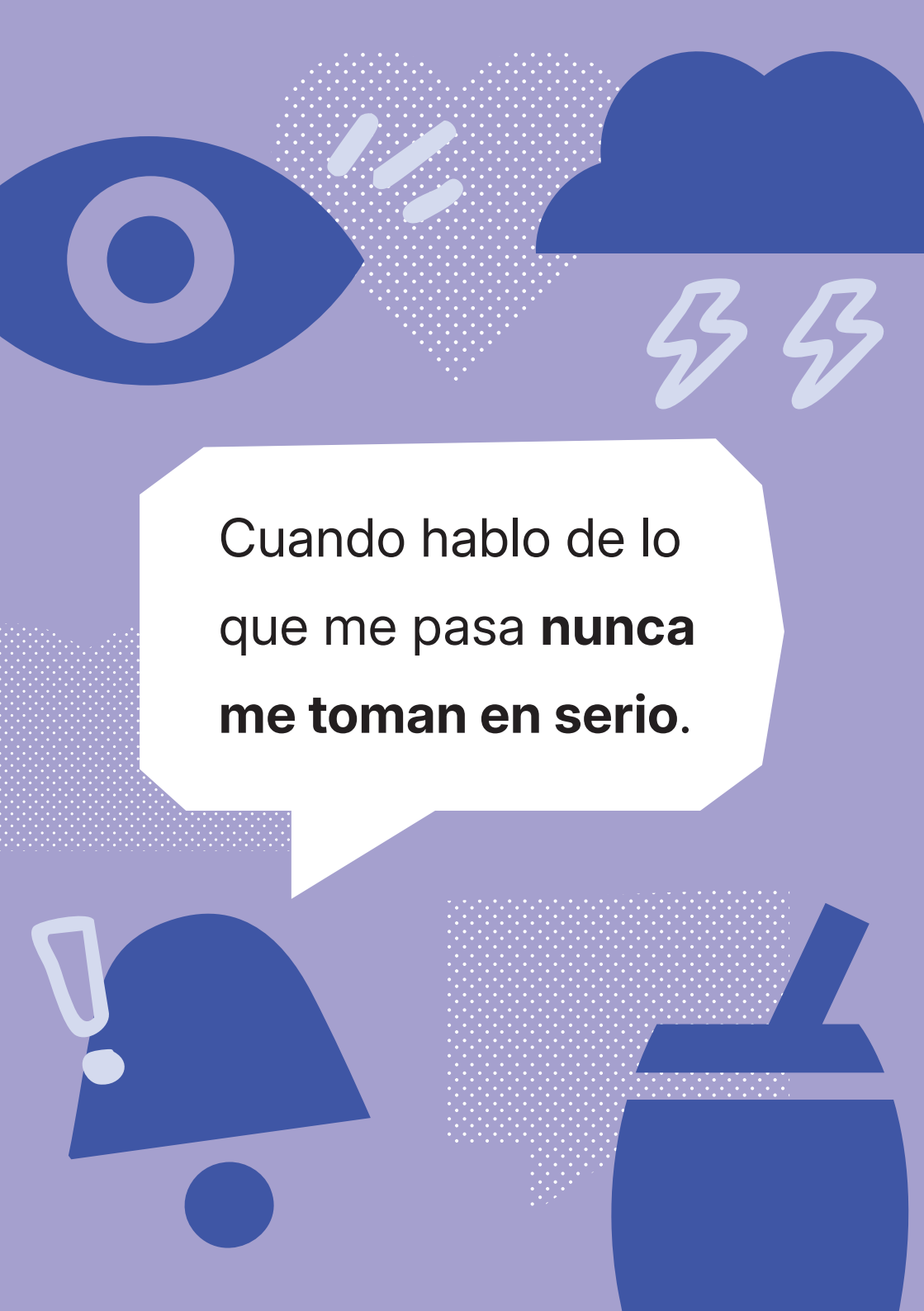
NiSilencio NiTabú

Hablemos de salud mental



Frase 42

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Cuando hablo de lo
que me pasa **nunca**
me toman en serio.

NiSilencio NiTabú

Hablemos de salud mental



Frase 43

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Está todo
en tu cabeza.

NiSilencio NiTabú

Hablemos de salud mental



Frase 44

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and icons: a large dark orange speech bubble on the left, a dotted orange speech bubble above it, a dark orange bell with a pink outline and exclamation mark in the top right, a dark orange circle below the bell, a dark orange cloud on the bottom left, two pink lightning bolts on the bottom left, a dark orange house with an arched doorway on the bottom right, a pink speech bubble with three dots above the house, and a dotted orange heart on the right side.

Hay gente que
pasa por **cosas**
mucho peores.

NiSilencio NiTabú

Hablemos de salud mental



Frase 45

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Tengo un **nudo**
en la garganta.

NiSilencio NiTabú

Hablemos de salud mental



Frase 46

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me siento **solo.**

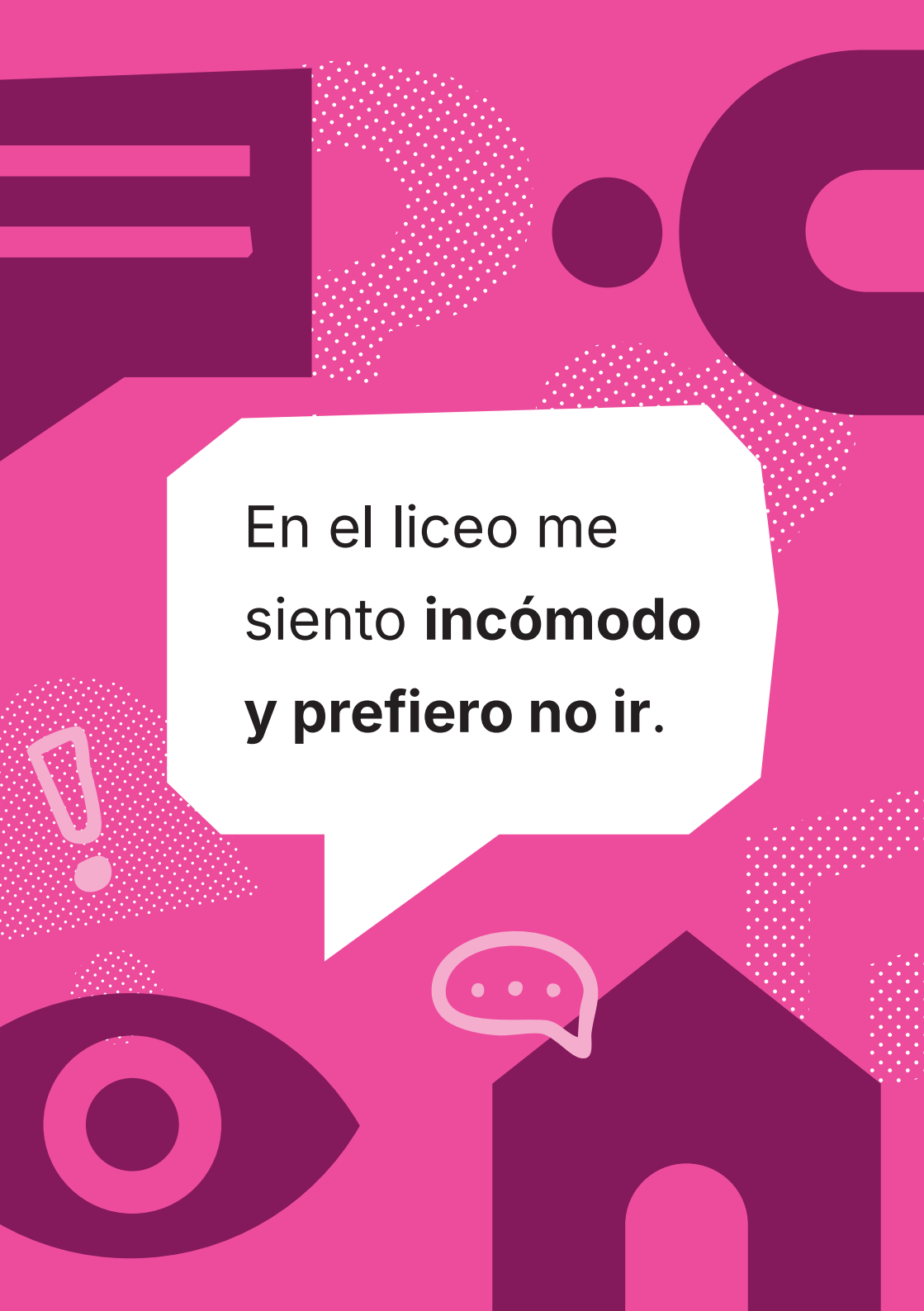
NiSilencio NiTabú

Hablemos de salud mental



Frase 47

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric shapes and patterns. There are large, stylized letters 'E' and 'C' in the top corners. A dotted purple circle is in the top center. A large purple eye is in the bottom left. A purple house-like shape is in the bottom right. A small purple speech bubble with three dots is near the house. A purple exclamation mark is on the left. The text is centered in a white speech bubble.

En el liceo me
siento **incómodo**
y prefiero no ir.

NiSilencio NiTabú

Hablemos de salud mental



Frase 48

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me siento **diferente.**



NiSilencio NiTabú

Hablemos de salud mental



Frase 49

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid teal color. It features several abstract shapes and icons: a large magnifying glass in the upper right, a stylized bicycle in the lower left, a pencil in the lower right, and various organic shapes with white dot patterns. A white speech bubble is centered in the middle of the image.

No me aceptan
como soy.

NiSilencio NiTabú

Hablemos de salud mental



Frase 50

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and icons in a darker shade of orange. In the top left, there is a large speech bubble with horizontal lines. To its right is a dotted rectangular shape. In the top right, there is a bell icon with an exclamation mark. Below the bell is a solid circle. In the bottom left, there are two lightning bolt icons. In the bottom center, there is a house-like shape with an arched doorway and a small speech bubble above it containing three dots. On the right side, there is a large heart shape with a dotted pattern. The central text is contained within a white, irregular speech bubble shape.

Nunca decís
lo que te pasa.

NiSilencio NiTabú

Hablemos de salud mental



Frase 51

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant blue with various abstract elements. In the top left, there are two overlapping shapes with a white dotted pattern. To their right is a large heart shape, also with a white dotted pattern. Further right, there are dark blue geometric shapes, including a large L-shaped block and a smaller square. Below the heart, there are three small, light blue star-like sparkles. In the bottom left, there is a dark blue shape with a white smiley face icon and a circular arrow around it. In the bottom right, there is a large, stylized white icon that resembles a globe or a pair of glasses.

Últimamente
te veo raro,
no pareces vos.

NiSilencio NiTabú

Hablemos de salud mental



Frase 52

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



**No sé lo que
me pasa.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 53

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me siento **apagado.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 54

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



De las emociones
no se habla.

NiSilencio NiTabú

Hablemos de salud mental



Frase 55

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



No estoy contento
conmigo mismo.

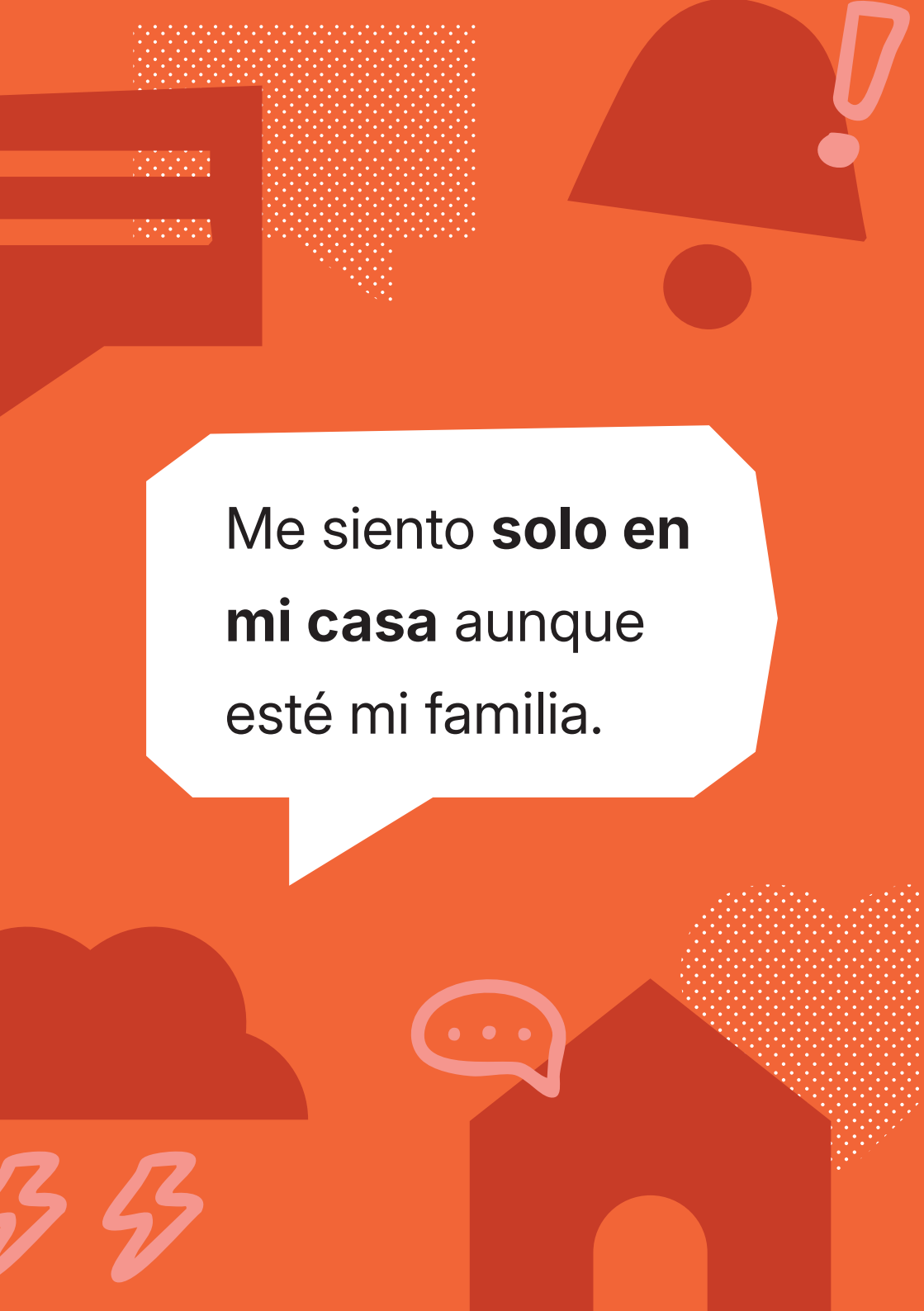
NiSilencio NiTabú

Hablemos de salud mental



Frase 56

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me siento **solo en**
mi casa aunque
esté mi familia.

NiSilencio NiTabú

Hablemos de salud mental



Frase 57

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Los hombres
no lloran.

NiSilencio NiTabú

Hablemos de salud mental



Frase 58

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

A stylized illustration of a face on a yellow background. The face is composed of several geometric shapes: a large olive-green eye with a yellow center in the top left; a bell-shaped olive-green nose in the top right with a yellow exclamation mark above it; a thumbs-up olive-green hand in the bottom left; a yellow heart outline in the bottom center; and a cup-shaped olive-green mouth in the bottom right. The background is yellow with various patterns of white dots and lines. A white speech bubble with a black border is positioned in the center of the face.

Me corto para
no sentir dolor.

NiSilencio NiTabú

Hablemos de salud mental



Frase 59

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric elements. There are large, stylized letters 'E', 'P', and 'C' in the top half. A white speech bubble with a black outline is centered in the middle. Below it, there's a purple house-like shape with a white speech bubble containing three dots. To the left, there's a large purple eye. The background is also decorated with several circular and rectangular areas filled with a white dot pattern.

Cuando me enojo
le pego a la pared.

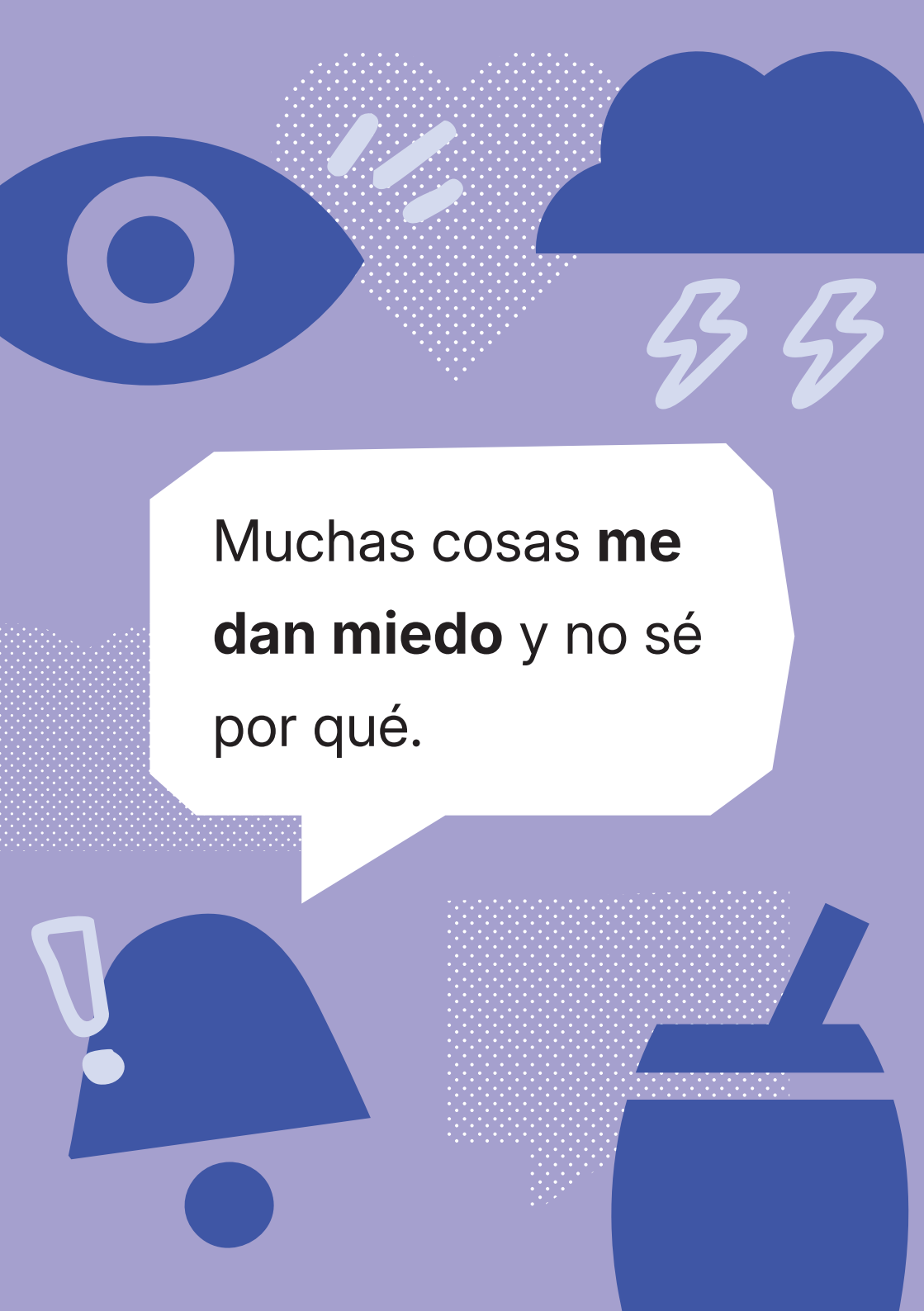
NiSilencio NiTabú

Hablemos de salud mental



Frase 60

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Muchas cosas **me**
dan miedo y no sé
por qué.

NiSilencio NiTabú

Hablemos de salud mental



Frase 61

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid teal color. It features several white dotted shapes: a large one in the top left, a cloud-like one in the top right, and a smaller one in the bottom right. There are also dark teal geometric icons: a stylized chair in the top left, a magnifying glass in the top right, a heart in the middle left, a bicycle in the bottom left, and a pencil in the bottom right. A small white squiggle is at the bottom right.

No me gusta
mi **color de piel.**

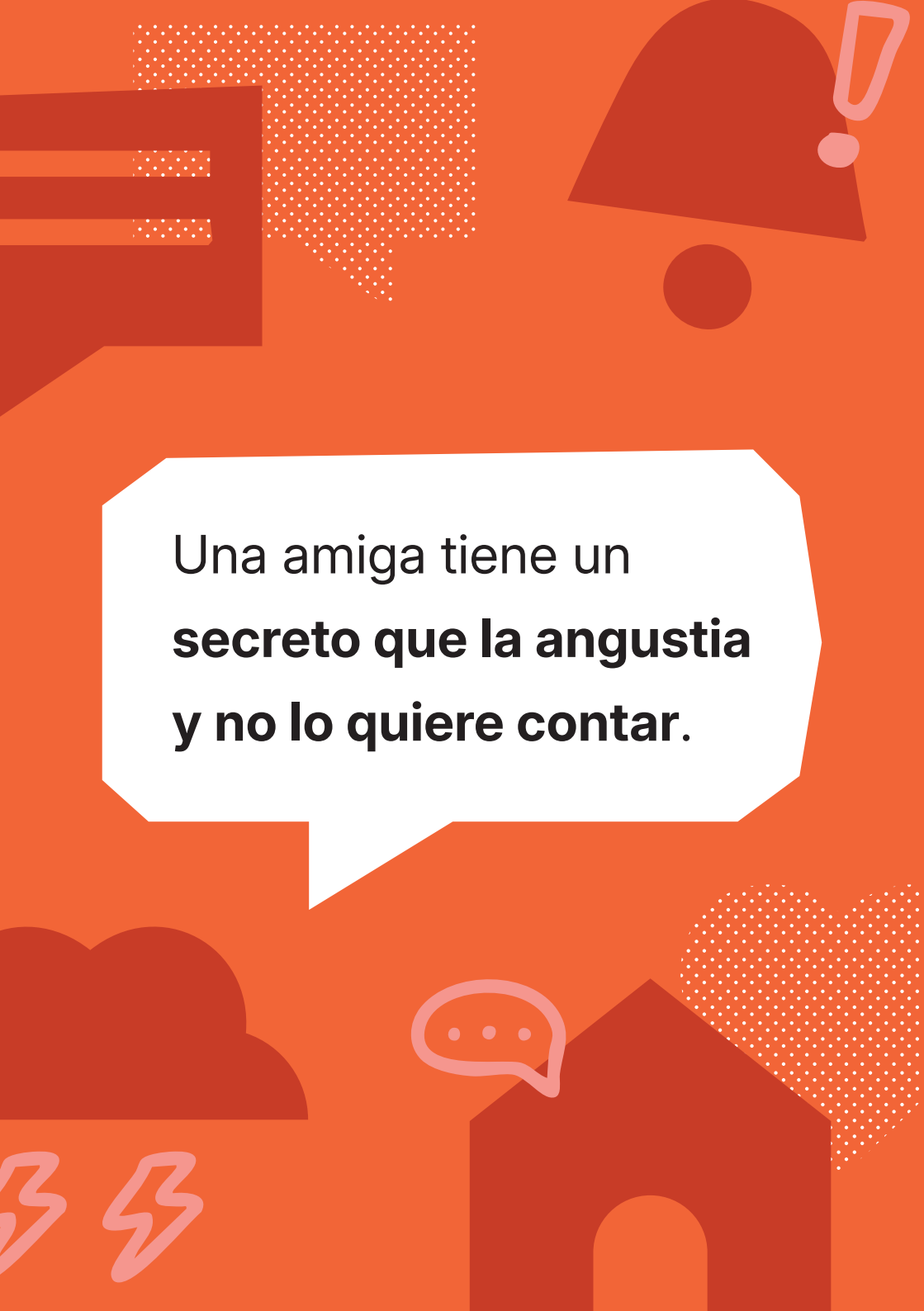
NiSilencio NiTabú

Hablemos de salud mental



Frase 62

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and icons: a large dark orange shape in the top left with three horizontal bars; a dotted orange shape in the top center; a dark orange bell with a pink outline and exclamation mark in the top right; a dark orange circle below the bell; a white speech bubble with a dark orange tail in the center containing the text; a dark orange cloud in the bottom left; two pink lightning bolts in the bottom left; a dark orange house-like shape in the bottom center with a pink speech bubble above it containing three dots; and a dotted orange heart shape in the bottom right.

Una amiga tiene un
**secreto que la angustia
y no lo quiere contar.**

NiSilencio NiTabú

Hablemos de salud mental



Frase 63

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant blue with various abstract elements. In the top left, there are two overlapping shapes with a white dotted pattern. To the right, a large heart shape is also filled with a white dotted pattern. Further right, there are dark blue geometric shapes, including a square and a trapezoid. In the bottom left, there is a dark blue shape with a white smiley face icon and a circular arrow around it. In the bottom right, there is a large, stylized white geometric shape that resembles a cross or a flower. The text is centered in a white speech bubble.

A veces siento que
quiero **desaparecer**.

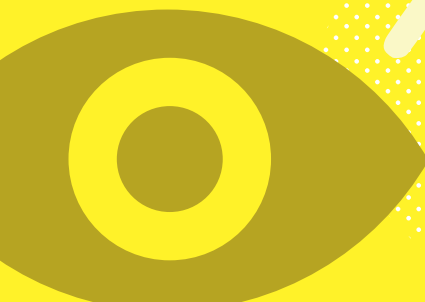
NiSilencio NiTabú

Hablemos de salud mental



Frase 64

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Me siento angustiado
y me da **vergüenza**
compartirlo.

NiSilencio NiTabú

Hablemos de salud mental



Frase 65

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a vibrant pink with various purple and white geometric shapes and patterns. There are large, stylized letters 'E', 'P', and 'C' in the top left, top center, and top right respectively. A large eye is in the bottom left, and a stylized house is in the bottom right. A small speech bubble with three dots is above the house. A large exclamation mark is on the left side. The text is centered in a white speech bubble.

Me siento agobiado
y me parализo.

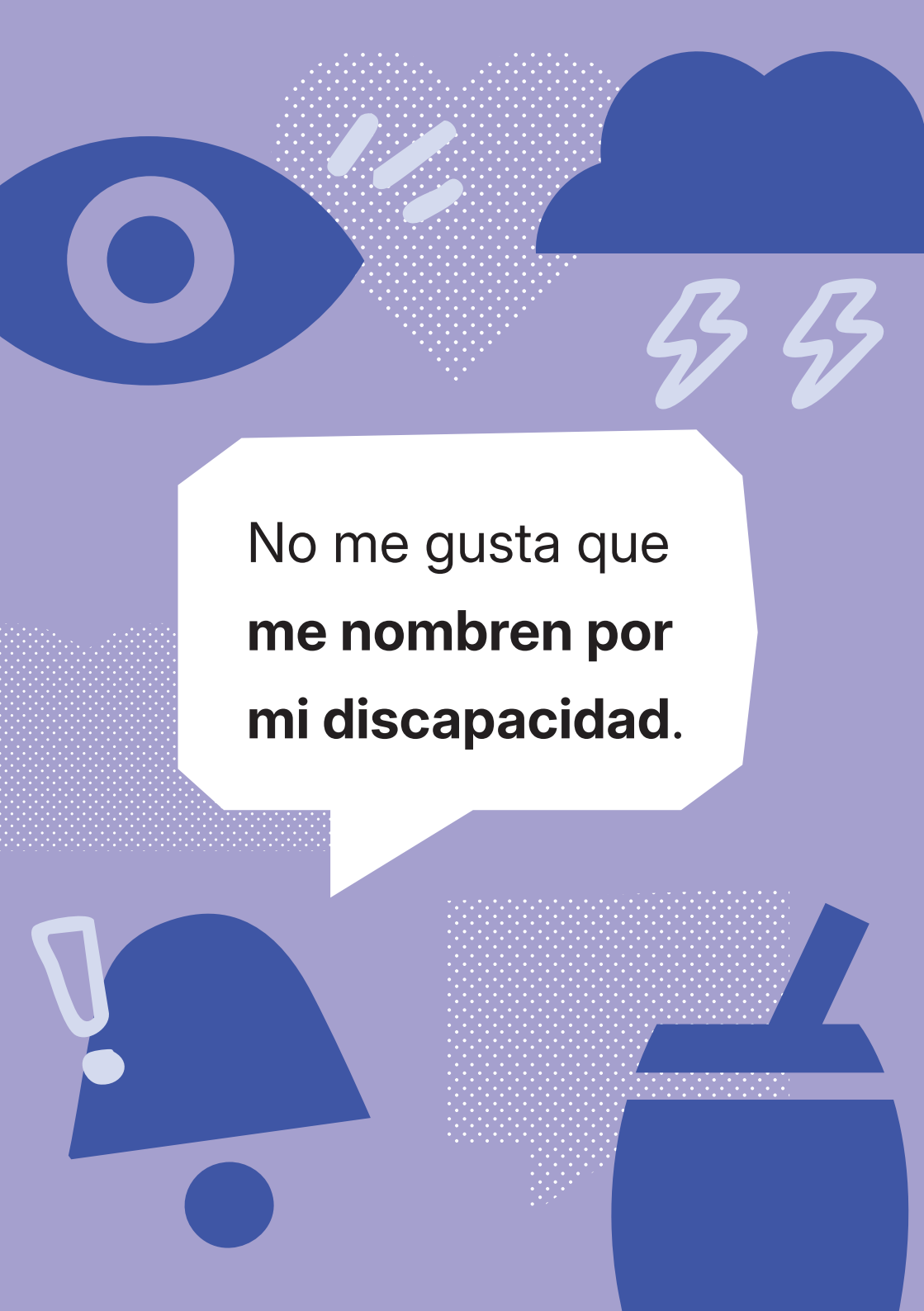
NiSilencio NiTabú

Hablemos de salud mental



Frase 66

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



No me gusta que
me nombren por
mi discapacidad.

NiSilencio NiTabú

Hablemos de salud mental



Frase 67

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



**No me gusta
mi discapacidad.**

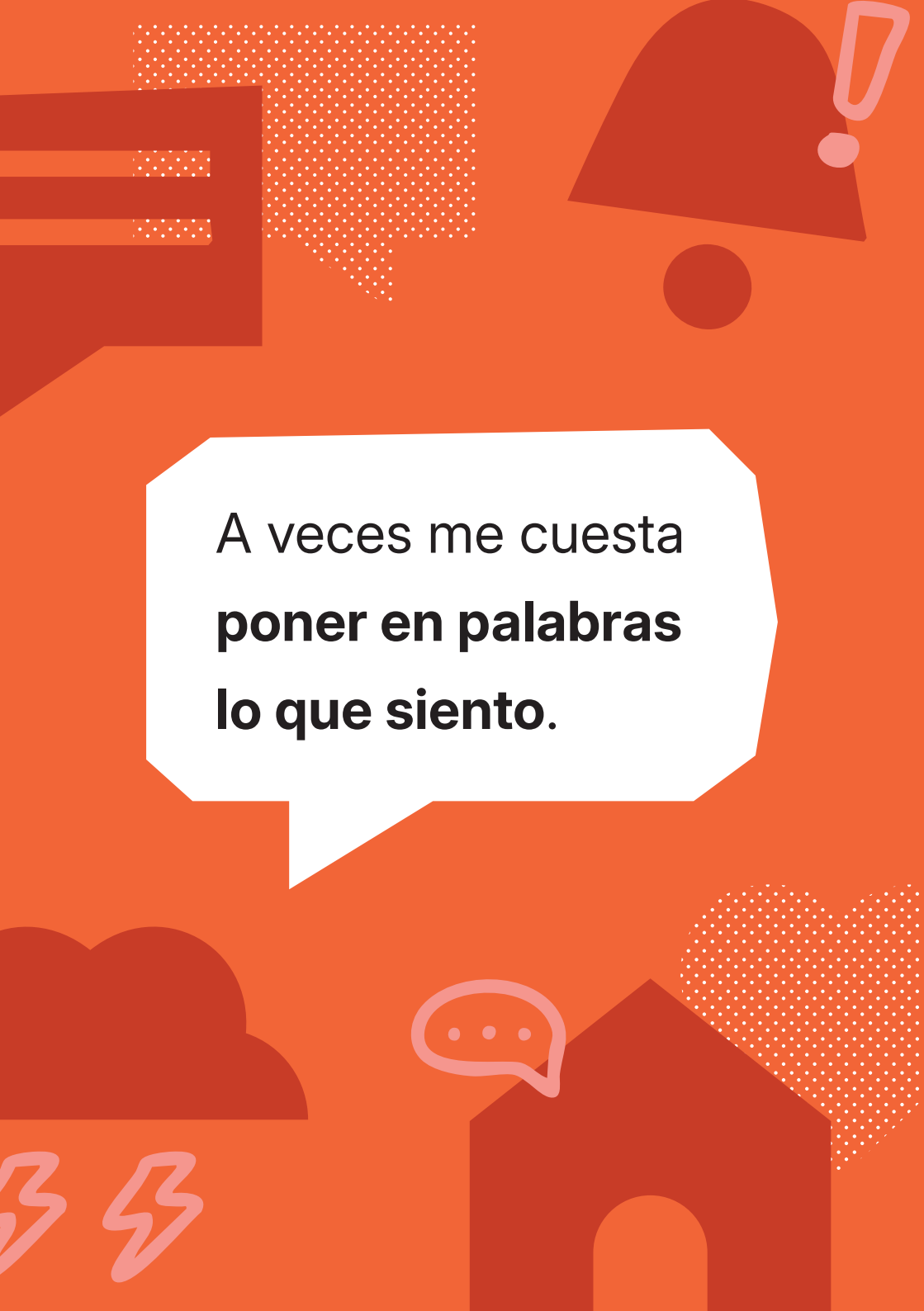
NiSilencio NiTabú

Hablemos de salud mental



Frase 68

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.

The background is a solid orange color. It features several abstract geometric shapes and icons in a darker shade of orange. In the top left, there is a large, irregular shape with horizontal lines. To its right is a square with a white dotted pattern. In the top right, there is a large, rounded shape with a white exclamation mark inside. Below this, there is a solid orange circle. In the bottom left, there are two stylized, jagged shapes resembling lightning bolts. In the bottom center, there is a large, dark orange shape resembling a house or a building with an arched doorway. Above this shape is a small, rounded shape with three white dots inside. To the right of the house shape is a large, irregular shape with a white dotted pattern.

A veces me cuesta
poner en palabras
lo que siento.

NiSilencio NiTabú

Hablemos de salud mental



Frase 69

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Siento que
me **contienen**.

NiSilencio NiTabú

Hablemos de salud mental



Frase 70

Escaneá el QR para acceder a la versión en LSU, con lectura en voz alta.



Confía en ti.