

A / JOURNAL / FOR / YOUR / JOURNEY /

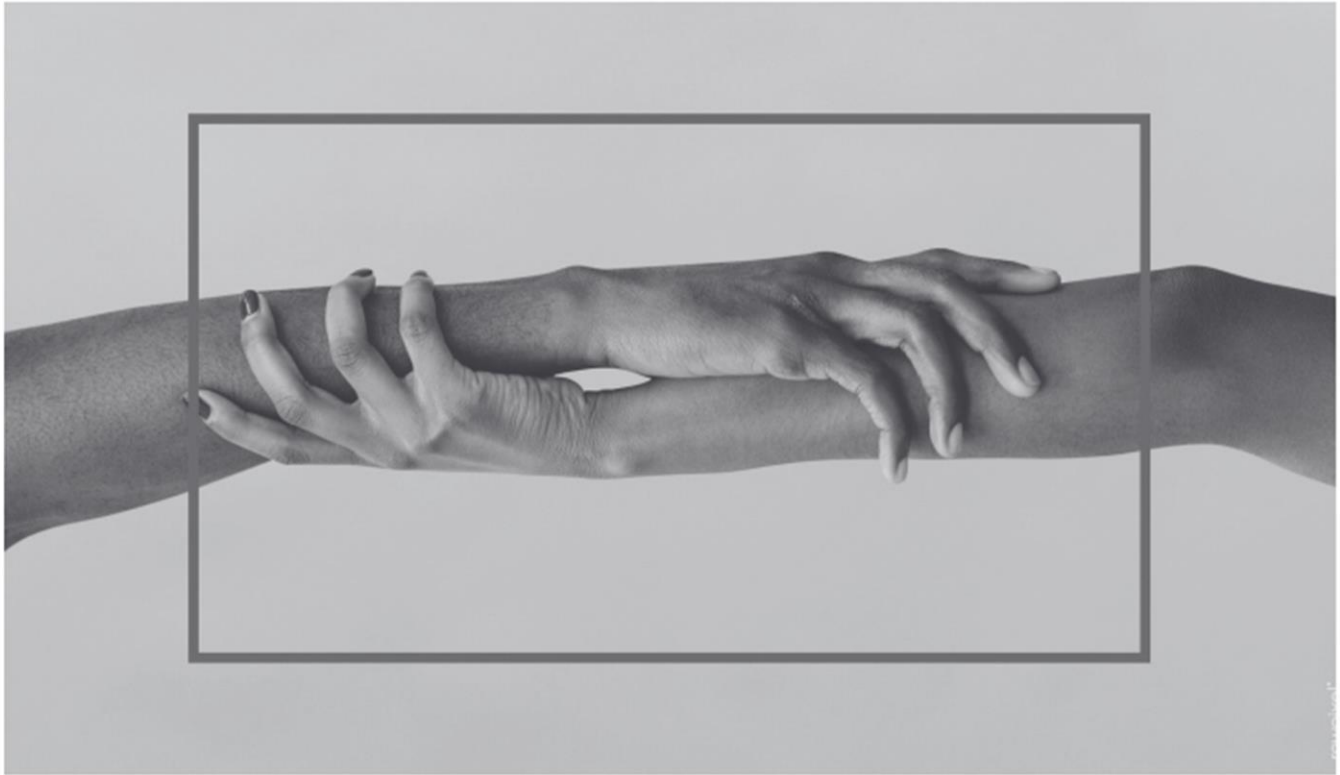


IMERMAN ANGELS PROVIDES FREE, PERSONALIZED,
ONE-ON-ONE CANCER SUPPORT FOR CANCER
FIGHTERS, SURVIVORS AND CAREGIVERS.

**THIS IS A CUSTOMIZED, DIGITAL JOURNAL WITH PROMPTS
DESIGNED TO HELP SUPPORT, ENCOURAGE, INSPIRE, AND COPE.**

THIS IS FOR THE MOMENTS YOU'D RATHER
TURN INWARD THAN OUTWARD.

IMERMAN ANGELS



HOW TO USE YOUR JOURNAL

HELPING YOU MAKE TIME FOR YOU.

THE GIST.

*The Imerman Angels community provides one-on-one cancer support by connecting you with someone who's been there. This journal is for those moments when the strength you're looking for can't be found in others. It can help you create a space for a different kind of one-on-one support: **yours with you.***

WHAT YOU'LL FIND INSIDE.

This journal is divided into **8 color-coded categories of prompts** that are meant to **embrace your current mood**. The color key is on the next page. The different **prompt categories are grouped together like chapters** so that you can jump to whichever section best matches what and how you want to write today.

HOW TO USE WHAT'S INSIDE.

Use these prompts to feel, to process, to cope, to uplift, to grieve, to think, to freestyle, to take action, to sit back, to plan the future, to reflect on the past. **Use them to write. Use them to heal.**

Download and save this journal to your computer, print it, or share it with others. **Your responses are meant for you**—Imerman Angels provides this resource to be used privately and independently, in any way that it serves you.

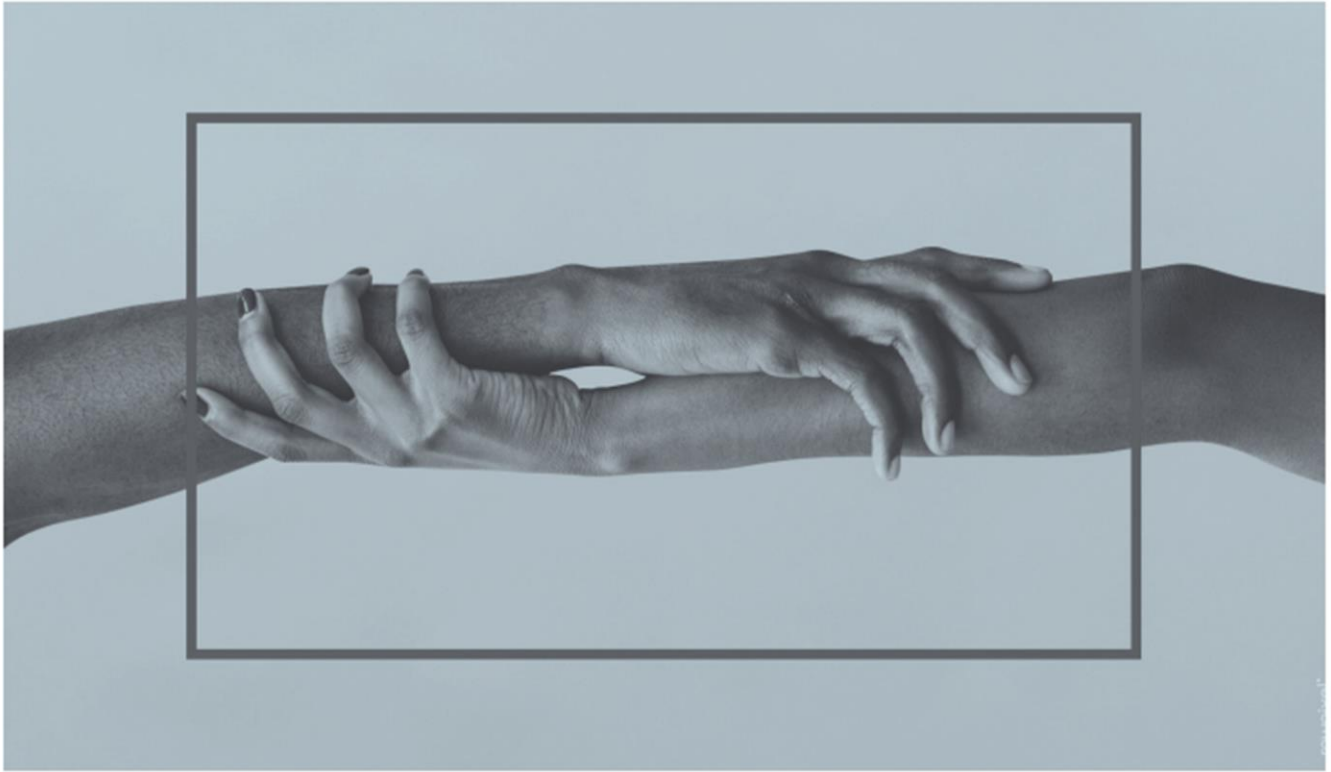


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HOW TO PICK THE PAGE YOU WANT FOR THE MOOD AND MOMENT YOU'RE IN.

KEY TO COLOR CODING:



NEED TO PROCESS,
COPE, & REFLECT



THINKING ABOUT MY PEOPLE,
RELATIONSHIPS, & SUPPORT



FEELING LIGHT & BRIGHT



IN THE MOOD TO BE
INSPIRED & ENCOURAGED



IN THE MOOD
TO FREESTYLE



FEELING CREATIVE
& MOTIVATED TO 'DO'




FEELING HEAVY & DARK



WRITE ABOUT MY
HEALTHCARE JOURNEY

**PICK A SONG/ALBUM/ARTIST THAT FITS
YOUR CURRENT MOOD. WRITE ABOUT HOW
IT'S MAKING YOU FEEL AS YOU LISTEN.**

[WRITE HERE]



**IF YOU COULD REWIND TIME AND TALK TO
YOURSELF BEFORE YOU FOUND OUT ABOUT
THIS DIAGNOSIS, WHAT WOULD YOU SAY?**

[WRITE HERE]



**WRITE A LETTER TO A PERSON
WHO IS NO LONGER IN YOUR LIFE.**

[WRITE HERE]

**IDENTIFY AN EMOTION THAT YOU'RE FEELING RIGHT NOW.
WRITE ABOUT HOW THAT EMOTION IS PRESENTING ITSELF IN
YOUR BODY. (I.E. "MY HEART IS RACING,
MY STOMACH MUSCLES FEEL TIGHTENED...")**

[WRITE HERE]

**HOW HAS THIS DIAGNOSIS
CHANGED YOUR SHORT-TERM GOALS?
LONG-TERM GOALS?**

[WRITE HERE]

**WHAT ARE YOUR BIGGEST FEARS,
SPECIFICALLY ABOUT THIS DIAGNOSIS?**

[WRITE HERE]

**WHAT ARE SOME WAYS THAT YOU,
PERSONALLY, EXPRESS GRIEF AND LOSS?**

[WRITE HERE]

**ARE YOU COMFORTABLE ASKING
FOR HELP? WHY OR WHY NOT?**


[WRITE HERE]

**WRITE ABOUT SOMEONE YOU LOVE THAT
YOU'VE LOST AND 3 WAYS THAT YOU FEEL
YOU COULD HONOR THEIR LIFE.**

[WRITE HERE]

**WRITE ABOUT ONE FEELING YOU ARE
LOOKING FORWARD TO AND ONE FEELING
YOU'D LIKE TO LEAVE BEHIND.**

[WRITE HERE]




**WHAT ARE SOME WAYS YOU CAN SET
BOUNDARIES TO PROTECT YOURSELF FROM
BEING EMOTIONALLY DRAINED?**

[WRITE HERE]



**WHAT ARE SOME WAYS THAT YOU'VE COPEDED IN
THE PAST WITH FEELINGS SIMILAR TO WHAT YOU'RE
EXPERIENCING NOW? WHAT ONES WORKED AND WHY?
WHAT ONES DIDN'T AND WHY?**

[WRITE HERE]



**PICK A LYRIC FROM A SONG THAT SPEAKS TO YOU
AND YOUR CURRENT MOOD/STATE OF MIND.
USE THAT LYRIC AS A PROMPT
TO WRITE AND REFLECT.**

[WRITE HERE]



**WHAT IS ONE FAILURE, ONE SUCCESS, AND
ONE STRUGGLE YOU'VE EXPERIENCED IN
YOUR LIFE? WHAT DID YOU LEARN FROM EACH?**

[WRITE HERE]

**CHOOSE ONE NIGHT THIS WEEK TO
UNPLUG FROM SOCIAL MEDIA AND NEWS.
WRITE ABOUT THE EXPERIENCE AFTERWARDS.**

[WRITE HERE]

**CLOSE THE JOURNAL FOR A MOMENT,
PUT YOUR PHONE AWAY, AND FIND SOMEWHERE
QUIET TO SIT. TAKE 10 DEEP BREATHS.
COUNT TO 30. REOPEN YOUR JOURNAL
AND WRITE ABOUT WHAT YOU'RE FEELING.**

[WRITE HERE]

**WRITE ABOUT A DREAM YOU HAD RECENTLY
(GOOD OR BAD) AND HOW YOU FELT
WHEN YOU WOKE UP.**

[WRITE HERE]

**WHEN YOU LOOK BACK ON THIS TIME IN YOUR LIFE,
WHAT DO YOU WANT TO REMEMBER MOST ABOUT
YOUR BODY? (IF YOU'RE A CAREGIVER, THINK ABOUT HOW
IT'S SERVED YOU IN HELPING SUPPORT YOUR LOVED ONE)**

[WRITE HERE]

**HOW WOULD YOU DEFINE OR DESCRIBE
YOUR IDENTITY? WHERE DOES YOUR
DIAGNOSIS FIT—OR NOT FIT—INTO THAT?**

[WRITE HERE]

**WRITE ABOUT A HAPPY MEMORY YOU HAVE
FROM CHILDHOOD OR ADOLESCENCE.**

[WRITE HERE]

**WHAT I LOVE ABOUT MY BODY OR
WHAT I APPRECIATE THAT MY BODY CAN DO OR
AN ASPECT OF MY HEALTH I'M GRATEFUL FOR**

[WRITE HERE]

**DESCRIBE YOUR FAVORITE PLACE
IN THE WORLD IN DETAIL**

[WRITE HERE]

**WHEN SOMEONE SAYS "IT'S ONE OF LIFE'S
SIMPLE PLEASURES," I THINK ABOUT...**

[WRITE HERE]

**IF YOU HAD A 'MORNING MANTRA' TO HELP
YOU START EACH DAY OFF ON THE RIGHT FOOT,
WHAT WOULD IT BE?**

[WRITE HERE]

**IMAGINE YOUR PERFECT DAY - REALISTIC
OR NOT - WHAT WOULD IT LOOK LIKE?**

[WRITE HERE]

**LIST 5 LITTLE VICTORIES YOU ACCOMPLISHED
THIS WEEK (NO MATTER HOW SMALL!)**

[WRITE HERE]

WRITE YOURSELF A LOVE LETTER.

[WRITE HERE]

**WRITE ABOUT A FEAR YOU'VE BEEN
ABLE TO OVERCOME.**

[WRITE HERE]

**WHAT UNIQUE TRAITS DO YOU THINK YOUR
FRIENDS/FAMILY ENVY ABOUT YOU?**


[WRITE HERE]

**WHAT HAS YOUR BEST EXPERIENCE OR CONVERSATION BEEN
SO FAR WITH YOUR IMERMAN ANGELS MENTOR/MENTEE?
WHAT BRINGS YOU THE MOST
JOY IN LIFE LATELY?**

[WRITE HERE]

**THINK OF A TIME YOU HAD A POSITIVE IMPACT
ON SOMEONE ELSE'S LIFE. WRITE ABOUT
WHAT THAT MEANT TO YOU AND WHAT
YOU THINK IT MEANT TO THEM.**

[WRITE HERE]



**WHAT IN THE WEATHER MAKES YOU THANKFUL?
E.G. SUNSHINE ON YOUR SKIN,
RAIN TO WATER YOUR PLANTS,
THE SOUND OF WIND IN THE TREES,
STAR-FILLED NIGHTS, SAND IN YOUR TOES...**

[WRITE HERE]



JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]



JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]



JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

JUST JOURNAL, NO PROMPT NEEDED.

[WRITE HERE]

TRY THE 54321 GROUNDING TECHNIQUE.

WRITE 5 THINGS AROUND YOU THAT YOU CAN SEE.

[WRITE HERE]

WRITE 4 THINGS THAT YOU CAN TOUCH.

[WRITE HERE]

WRITE 3 THINGS THAT YOU CAN HEAR.

[WRITE HERE]

WRITE 2 THINGS THAT YOU CAN SMELL.

[WRITE HERE]

WRITE 1 THING THAT YOU CAN TASTE.

[WRITE HERE]

**BREATHE IN FOR A COUNT OF 5.
BREATHE OUT FOR A COUNT OF 5.**

**WRITE 3 WAYS THAT YOU CAN BE
COMPASSIONATE TOWARD
YOURSELF TODAY.**

[WRITE HERE]

**WRITE ABOUT WHY THIS DIAGNOSIS
IS FLAT-OUT AWFUL OR
HOW/WHY POSITIVITY CAN
GET ON YOUR NERVES**

[WRITE HERE]

I THINK PEOPLE MEAN WELL WHEN THEY
SAY _____, BUT IT COMES ACROSS AS _____.


[WRITE HERE]

**WHAT DOES 'SELF-CARE' MEAN TO YOU?
WHAT DOES IT HELP WITH?
WHAT DOES IT NOT HELP WITH?**

[WRITE HERE]

**“TOXIC POSITIVITY” CAN BE COMMON IN CONVERSATIONS
ABOUT CANCER...HOW DOES IT MAKE YOU FEEL
WHEN SOMEONE AKS YOU TO BE POSITIVE BUT
YOU AREN'T ABLE OR DON'T WANT TO BE?**

[WRITE HERE]



**WHAT GETS BLOOD BOILING?
WRITE ABOUT IT HERE – WHY YOU THINK IT ANGERS
YOU, HOW YOU FEEL IN THOSE CIRCUMSTANCES.
AND WHAT YOU WISH YOU COULD CHANGE.**

[WRITE HERE]



**WRITE 3 REASONS YOU FEEL DOWN
RIGHT NOW AND 5 REASONS YOU
DESERVE TO BE LOVED.**

[WRITE HERE]

WHAT MADE YOU UPSET TODAY?


[WRITE HERE]

**IF YOU COULD REPRESENT YOUR
GRIEF, LOSS, OR FEAR AS A COLOR, SHAPE,
METAPHOR, OR OBJECT, WHAT WOULD IT BE AND WHY?
(EX. A BOAT ON THE SEA, A BLACK BLOB, A BACKPACK FULL OF ROCKS...)**

[WRITE HERE]

**WRITE A LIST OF THE PEOPLE IN YOUR
'SUPPORT SYSTEM,' THEN WRITE 1 THING
(EACH) THAT THEY BRING TO YOUR SYSTEM.**


[WRITE HERE]



**PICK ONE PERSON IN YOUR SUPPORT
SYSTEM, CALL/TEXT THEM, THEN WRITE
ABOUT YOUR CONVERSATION.**

[WRITE HERE]






**WHAT ARE A FEW WAYS YOU COULD
SURROUND YOURSELF WITH
MORE OF WHAT UPLIFTS YOU?**

[WRITE HERE]






**WHO IS THE MOST POSITIVE PERSON
YOU KNOW? WHAT DO YOU FEEL WHEN
YOU'RE AROUND THEM?**

[WRITE HERE]





**WHAT IS THE BEST COMPLIMENT YOU'VE EVER
RECEIVED? WRITE ABOUT WHAT THEY SAID,
WHO SAID IT, AND HOW IT MADE YOU FEEL.**

[WRITE HERE]






**THINK BACK TO A MEMORABLE HOLIDAY
THAT YOU SPENT WITH (A) LOVED
ONE(S). DESCRIBE IT IN DETAIL.**

[WRITE HERE]





**DRAFT A THANK YOU LETTER
TO SOMEONE YOU LOVE.**

[WRITE HERE]




**HOW DO YOU THINK SOMEONE WOULD DESCRIBE
YOU TO A COMPLETE STRANGER? WHAT IMPRESSION
DO YOU LIKE TO LEAVE WITH SOMEONE NEW?**

[WRITE HERE]

**HOW WOULD YOUR BEST FRIEND
DESCRIBE YOU?**

[WRITE HERE]




**THINK OF A FAMILY MEMBER WITH WHOM
YOU HAVE A CLOSE RELATIONSHIP.
WHAT IS YOUR FAVORITE MEMORY WITH THEM?**

[WRITE HERE]



**TALK ABOUT A ROLE MODEL OF YOURS
AND WHAT MAKES THEM SO SPECIAL TO YOU.**


[WRITE HERE]



**THINK ABOUT (A) LOVED ONE(S) WHO HAS
HELPED YOU THROUGH THIS DIAGNOSIS,
WHETHER THAT'S YOURS OR SOMEONE YOU
CARE FOR. WHAT ARE 3 THINGS YOU COULD
ASK THEM TO DO FOR YOU THAT WOULD HELP?**

[WRITE HERE]





**“HOPE IS LIKE THE SUN, WHICH, AS WE JOURNEY
TOWARD IT, CASTS THE SHADOW OF OUR
BURDEN BEHIND US.” — SAMUEL SMILES**

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]



**“WHEN WE LONG FOR LIFE WITHOUT DIFFICULTIES,
REMINDE US THAT OAKS GROW STRONG IN CONTRARY
WINDS, AND DIAMONDS ARE MADE UNDER PRESSURE.”**

— PETER MARSHALL


THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]

**“CANCER IS A WORD, NOT A SENTENCE.”
— JOHN DIAMOND**

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]



**“COURAGE DOESN’T ALWAYS ROAR.
SOMETIMES COURAGE IS THE LITTLE VOICE AT THE
END OF THE DAY THAT SAYS, ‘I’LL TRY AGAIN TOMORROW.’”
— MARY ANNE RADMACHER**

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]




“HOPE IS THE PHYSICIAN OF EACH MISERY.”

— IRISH PROVERB

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]



**“THE MOST COMMON WAY PEOPLE GIVE UP
THEIR POWER IS BY THINKING THEY
DON’T HAVE ANY.” — ALICE WALKER**

THOUGHTS, FEELINGS, RESPONSE TO THIS


[WRITE HERE]



**“ACCEPTANCE OF DEATH AND CANCER DID NOT
MEAN I INTENDED TO GIVE UP, JUST THE OPPOSITE.
I WAS PREPARED TO FIGHT CANCER NOT OUT OF
FEAR OF DYING, BUT OUT OF JOY OF LIVING.”
— EDIE LITTLEFIELD SUNDBY, THE MISSION WALKER**

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]



**“WHEN YOU HAVE EXHAUSTED ALL POSSIBILITIES,
REMEMBER THIS: YOU HAVEN’T.”**

— THOMAS EDISON

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]



**“SOMETIMES EVEN TO LIVE IS AN ACT
OF COURAGE.” — LUCIUS ANNAEUS SENECA**

THOUGHTS, FEELINGS, RESPONSE TO THIS

[WRITE HERE]

**GO TO [HTTPS://WWW.GOODNEWSNETWORK.ORG/](https://www.goodnewsnetwork.org/)
PICK A FEW ARTICLES TO READ AND THEN WRITE
ABOUT WHY YOU CHOSE THEM AND WHAT
YOU ENJOYED MOST ABOUT THOSE STORIES.**

[WRITE HERE]


**WHAT DOES THE WORD
BRAVE MEAN TO YOU?**

[WRITE HERE]

**“YOU GUYS DESERVE THIS. EVERY SURVIVOR DESERVES THIS.
EVERYONE DESERVES TO GO THROUGH THIS JOURNEY WITH
SOMEBODY ELSE. I HOPE THAT I CAN TELL THE ENTIRE
FIGHTERS/SURVIVORS WORLD OF CANCER THAT THERE IS SOMEBODY
OUT THERE THAT HAS WALKED THIS SAME WALK THAT YOU HAVE.”**

**– HECTOR, HEAD AND NECK CANCER SURVIVOR
AND IMERMAN ANGELS MENTEE.**


[WRITE HERE]



**WHAT ARE 4 AFFIRMATIONS YOU WISH OTHERS WOULD TELL YOU
RIGHT NOW? WRITE THEM ON POST-IT NOTES, PLACE THEM YOUR
HOME IN PLACES THAT YOU VISIT FREQUENTLY. WHENEVER YOU
PASS BY OR SEE ONE, TAKE A MOMENT TO INTERNALIZE IT.
COME BACK TO THIS 1 WEEK LATER AND WRITE ABOUT
HOW THEY HAVE OR HAVEN'T CHANGED YOUR DAILY MINDSET.**

[WRITE HERE]






**IF YOU HAD MORE TIME AND/OR ENERGY
TO DO MORE OF WHAT YOU LOVE,
WHAT WOULD YOU DO?**

[WRITE HERE]



**WRITE DOWN A FAVORITE RECIPE OF
YOURS HERE AND CHOOSE A NIGHT IN
THE NEXT 2 WEEKS TO COOK IT.**

[WRITE HERE]




**GRAB A BOOK—ANY BOOK IS FINE, OPEN TO
A RANDOM PAGE, AND PICK 3 NOUNS
(PERSON, PLACE, OR THING) FROM
THAT PAGE. WRITE A 1-PAGE STORY
USING THOSE 3 WORDS AS A PROMPT.**

[WRITE HERE]



**CALL YOUR IMERMAN ANGELS MENTOR/MENTEE
AND CATCH UP. COME BACK TO THIS AND
REFLECT ON THE CONVERSATION.**


[WRITE HERE]



**DO SOMETHING YOU'VE BEEN PUTTING OFF.
WRITE ABOUT WHY YOU THINK YOU WERE
AVOIDING IT AND HOW YOU FEEL AFTER DOING IT.**

[WRITE HERE]





**THE NEXT TIME YOU'RE AT A PARK, GROCERY
STORE, WAITING ROOM, ETC., STRIKE UP
A CONVERSATION WITH A STRANGER.
WHAT DID YOU TALK ABOUT?
HOW WAS THE EXPERIENCE?**

[WRITE HERE]V



**PRINT THIS PAGE (OR USE A DRAWING TOOL)
AND DRAW SOMETHING THAT REPRESENTS
YOUR CURRENT MOOD.**

[WRITE HERE]

**TEACH SOMEONE SOMETHING NEW (A SKILL, A HOBBY,
A RECIPE, AN INSTRUMENT, A SPORT, ETC.). WRITE ABOUT WHAT
YOU GAINED FROM THE EXPERIENCE AND HOW IT MADE YOU FEEL.**

[WRITE HERE]

**IF YOU OR YOUR LOVED ONE HAS A MAJOR
SURGERY OR PROCEDURE COMING UP:
WRITE A LIST OF THINGS YOU/THEY WOULD LIKE TO
HAVE FOR AFTER THE SURGERY.
E.G., CERTAIN BOOKS, FOODS, CLOTHES, ETC.**

[WRITE HERE]

ARE YOU OR A LOVED ONE SEEING A GENETIC COUNSELOR? IF SO, WRITE A LIST OF QUESTIONS YOU'D LIKE TO ASK THEM. (A FEW EXAMPLES OF FREQUENTLY ASKED QUESTIONS ARE INCLUDED.)

WILL THE RESULTS OF THIS GENETIC TEST AFFECT MY CANCER SCREENING AND TREATMENT PLAN?

WILL KNOWING THIS INFORMATION AFFECT MY FAMILY MEMBERS? HOW?

HOW LONG WILL THE RESULTS TAKE IF I GET THE TEST? HOW WILL YOU INFORM ME OF RESULTS?

IS THERE A CHANCE MY RESULTS WILL BE UNCERTAIN? WHAT DO WE DO THEN?

WILL HEALTH INSURANCE COVER THIS TEST? WILL MY INSURANCE RATES CHANGE IF THE RESULTS ARE POSITIVE?

[WRITE HERE]

**WRITE ABOUT SOME CHALLENGING
INTERACTIONS YOU'VE HAD WITH A HEALTHCARE
PROVIDER. HOW DID THEY MAKE YOU FEEL?**

[WRITE HERE]

**ARE YOU OR A LOVED ONE SEEING A SPECIALIST OR
NEW PROVIDER SOON? IF SO, WRITE A LIST OF
QUESTIONS YOU'D LIKE TO ASK THEM. (A FEW
EXAMPLES OF FAQs ARE INCLUDED BELOW.)**

**WHERE AND WHEN DO YOU RECOMMEND GETTING A
SECOND OPINION?**

**WHAT SHOULD I DO IF I'M HAVING TROUBLE COMING
TO GRIPS WITH MY/THEIR DIAGNOSIS/PROGNOSIS?**

WHAT IS THE GOAL OF THIS TREATMENT OR PLAN?

WHAT WILL THIS TREATMENT COST?

**WHAT ARE THE NEXT STEPS AFTER THIS TREATMENT
OR PLAN?**

[WRITE HERE]

**WHAT ARE 4 THINGS YOU COULD BRING
WITH YOU TO THE NEXT HEALTHCARE
APPOINTMENT TO MAKE THE
EXPERIENCE BETTER?**

[WRITE HERE]

**WHAT I WISH MY/THEIR HEALTHCARE PROVIDER
(PHYSICIAN, GENETIC COUNSELOR, OCCUPATIONAL
THERAPIST, ETC.) HAD ASKED ME OR TOLD ME...**

[WRITE HERE]

**WHEN I AM/MY LOVED ONE IS AT THE
HOSPITAL OR CLINIC, I THINK ABOUT...
MORE THAN ANYTHING, I FEEL...**

[WRITE HERE]

**WRITE A JOURNAL ENTRY ABOUT HOW YOU'RE
FEELING BEFORE YOUR/YOUR LOVED ONE'S NEXT
HEALTHCARE APPOINTMENT. WRITE AN ENTRY
WHEN YOU RETURN HOME. COMPARE.**

[WRITE HERE]

**CANCER TREATMENT IS DRAINING,
WHETHER OR NOT YOU'RE THE ONE IN TREATMENT.
WRITE 3 THINGS THAT YOUR/THEIR HEALTHCARE
PROVIDER(S) CAN DO TO MAKE TREATMENT
EASIER. ARE YOU COMFORTABLE SHARING
THESE IDEAS WITH THEM? WHY/WHY NOT?**

[WRITE HERE]

**WRITE A NOTE OF GRATITUDE TO A
HEALTHCARE PROVIDER WHO MADE A
POSITIVE DIFFERENCE IN YOUR LIFE.**

[WRITE HERE]

A / JOURNAL / FOR / YOUR / JOURNEY /



THANK YOU FOR USING THIS JOURNAL, FOR GIVING BACK TO YOURSELF, AND FOR VALUING YOUR MENTAL HEALTH.

IMERMAN ANGELS IS HERE FOR YOU AND YOUR LOVED ONES.

REACH OUT ANY TIME:

EMAIL: INFO@IMERMANANGELS.ORG

PHONE: 866-IMERMAN (463-7626)

WEBSITE: [HTTPS://IMERMANANGELS.ORG/GET-SUPPORT/](https://imermanangels.org/get-support/)

IMERMAN ANGELS