

**Feeling Kinda Blue**

CONNECT  
RELATE  
RENEW



**Are you feeling down? Lonely?  
Isolated?**

**[www.Feelingkindablue.com](http://www.Feelingkindablue.com)**

Post, blog, chat, share with others  
who are also experiencing depression.

*Feeling Kinda Blue* is a social media  
site for young adults that is  
monitored by trained clinicians.  
You can connect online or for  
emergencies, call Provident's  
toll-free 24/7 Crisis Hotline –  
**1.866.728.7983**

***Feeling Kinda Blue***  
**is here for you!**

**Provident**  
*to a brighter future*

