

# I'M ALL EARS!

## MENTAL HEALTH RESOURCES

**NAMI HELP LINE:**  
CALL (800) 950-NAMI (6264)

**SUICIDE PREVENTION LIFELINE:**  
CALL (800) 273-TALK (8255)

**CRISIS TEXT LINE:**  
TEXT "NAMI" TO 741741

**START THE CONVERSATION**





I just want you to know that I'm here for you whenever you may need me!

