

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



JUST
CHECKING IN

START THE CONVERSATION

I WANTED TO REACH OUT AND ASK...

HOW ARE
you
DOING?

**I HOPE THINGS
ARE GOING WELL
AND WE SHOULD
TALK SOON!**
