

**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**

YOU  
ARE  
NOT  
ALONE

**START THE CONVERSATION**

We know times  
can get hard when  
there's no one around.



We're thinking of you  
during this difficult time  
and cannot wait to  
see you again soon!

