

## MENTAL HEALTH RESOURCES

### **NAMI HELP LINE:**

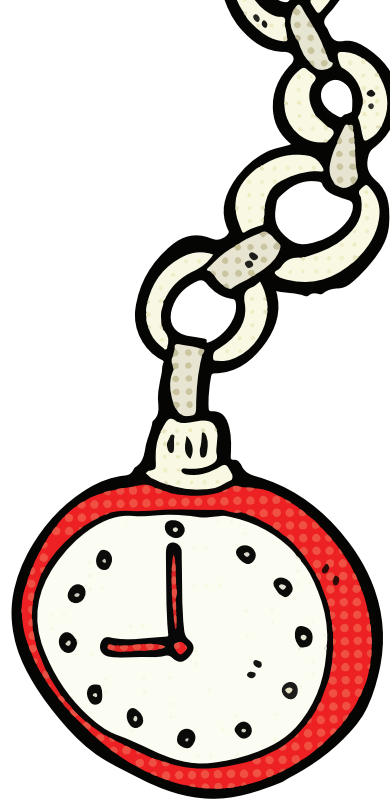
CALL (800) 950-NAMI (6264)

### **SUICIDE PREVENTION LIFELINE:**

CALL (800) 273-TALK (8255)

### **CRISIS TEXT LINE:**

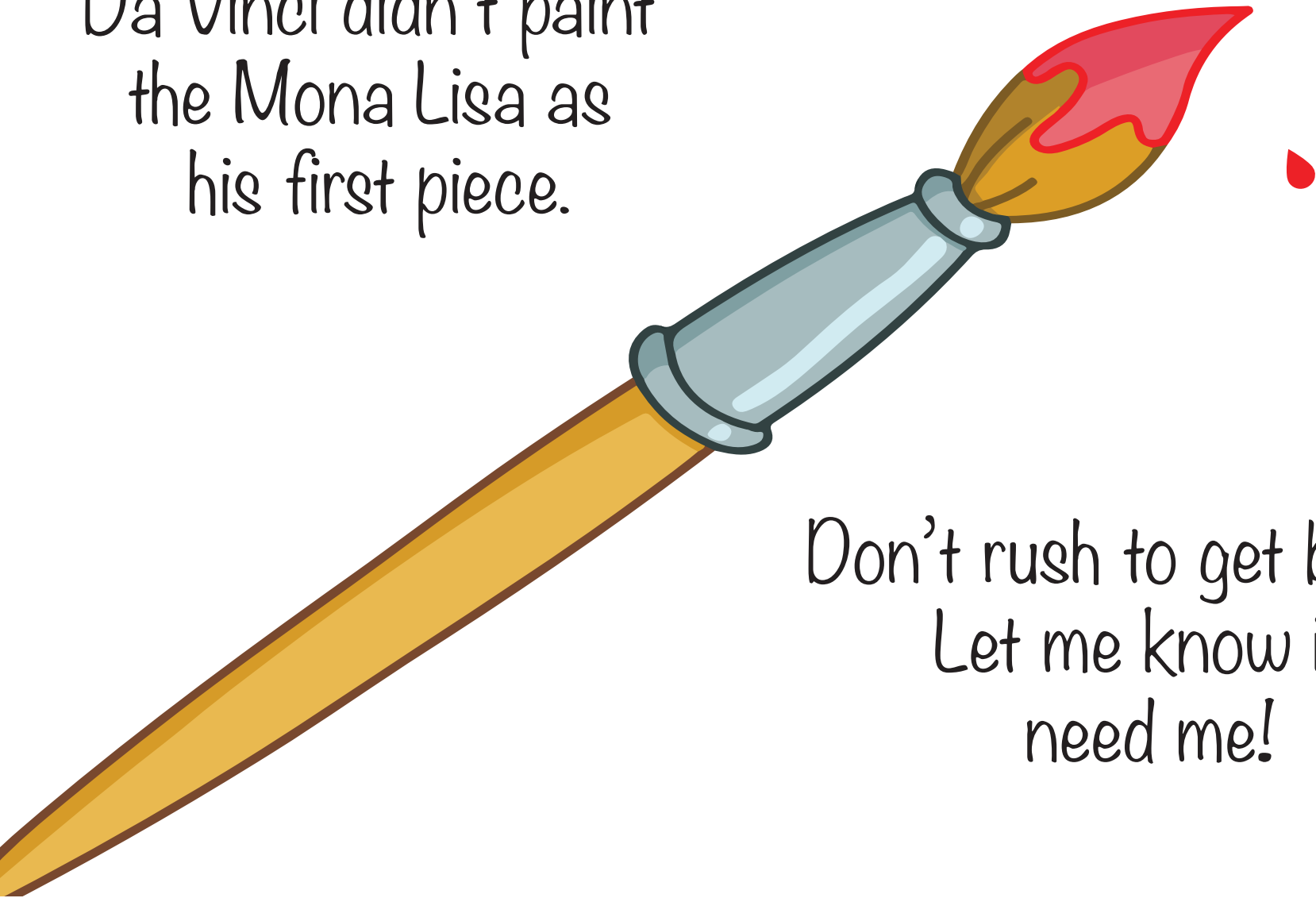
TEXT "NAMI" TO 741741



Getting better  
takes time, and  
you deserve all  
the time in the  
world.

**START THE CONVERSATION**

Da Vinci didn't paint  
the Mona Lisa as  
his first piece.



Don't rush to get better.  
Let me know if  
need me!