

GET WELL SOON

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



**You didn't come this far
to get taken out by a virus
named after a light beer...**

**Times may be
hard right now
but we are
wishing you the
speediest of
recoveries!**

