

MENTAL HEALTH RESOURCES

NAMI HELP LINE:

CALL (800) 950-NAMI (6264)

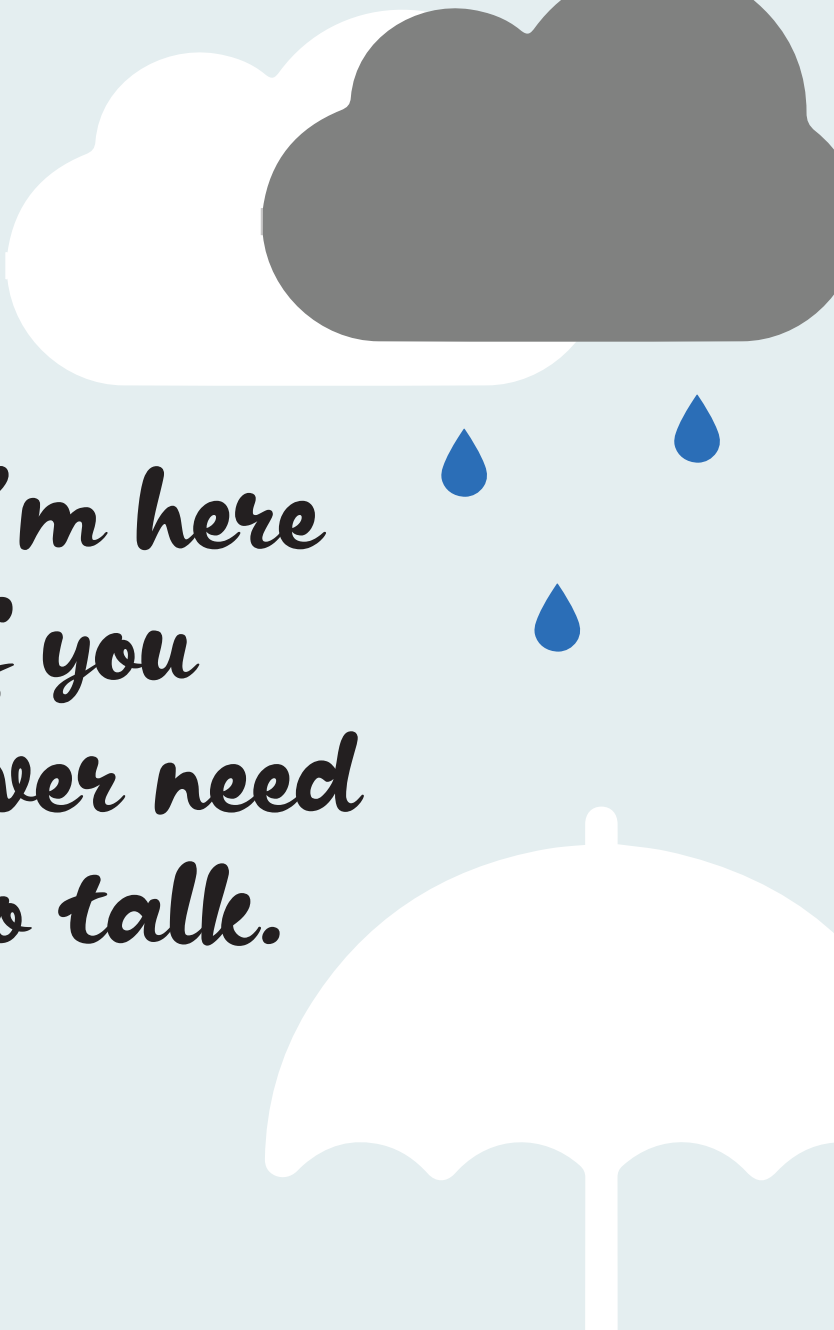
SUICIDE PREVENTION LIFELINE:

CALL (800) 273-TALK (8255)

CRISIS TEXT LINE:

TEXT "NAMI" TO 741741

START THE CONVERSATION



*I'm here
if you
ever need
to talk.*

*I know you're going
through a difficult
time right now.*



*I just want
you to know
that I'm here
to talk if you
ever need it!*

