

 **YOU ARE NOT ALONE. HELP IS AVAILABLE.** 

If you or someone you know is in crisis, call or text:

 **988 – Suicide & Crisis Lifeline**

 **Chat online: 988lifeline.org**

◆ Free • Confidential • 24/7 Support

We're Here to Help With:

- Emotional Distress
- Mental Health Struggles
- Suicide Prevention
- Substance Use Support

 **You Are Valued. You Are Heard. You Matter.** 

 **If you or someone you know is in immediate danger, call 911 or visit the nearest emergency room.**