

# *In Crisis? You're Not Alone.*

If you're experiencing a crisis or need immediate support, help is available 24/7.



 Call or Text 988 – The Suicide & Crisis Lifeline

 Crisis Text Line – Text HOME to 741741

 Veterans Crisis Line – Dial 988, then Press 1

 Emergency – If you are in immediate danger, call 911 or go to the nearest emergency room.

***You are not alone, help is just a call or text away. ♥***