You Matter!

IF YOU'RE STRUGGLING TO DEAL WITH LIFE'S CHALLENGES, DON'T SUFFER IN SILENCE.

HELP IS AVAILABLE.

CALL 988 OR CHAT AT 988LIFELINE.ORG. TRAINED CRISIS COUNSELORS CAN BE REACHED 24/7. **YOU CAN ALSO REACH CRISIS TEXT LINE BY TEXTING** HOME TO 741741.



Mental Health America