

YOU

MATTER...

FREE
24/7
HELP



AND YOU'RE

NOT ALONE.

CALL OR
TEXT TO
988

CHAT WITH US



988 SUICIDE & CRISIS
LIFELINE

YOU

MATTER...

FREE
24/7
HELP



AND YOU'RE

NOT ALONE.

CALL OR
TEXT TO
988

CHAT WITH US



988 SUICIDE & CRISIS
LIFELINE

YOU

MATTER...

FREE
24/7
HELP



AND YOU'RE

NOT ALONE.

CALL OR
TEXT TO
988

CHAT WITH US



988 SUICIDE & CRISIS
LIFELINE

YOU

MATTER...

FREE
24/7
HELP



AND YOU'RE

NOT ALONE.

CALL OR
TEXT TO
988

CHAT WITH US



988 SUICIDE & CRISIS
LIFELINE

YOU

MATTER...

FREE
24/7
HELP



AND YOU'RE

NOT ALONE.

CALL OR
TEXT TO
988

CHAT WITH US



988 SUICIDE & CRISIS
LIFELINE