

**REACH OUT.**

**WE GOT**

**YOU.**

**CALL OR TEXT**

**988**

**MENTAL  
HEALTH  
LIFELINE**

Call or text **988** for free mental health help, 24/7.

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- Suicidal Thoughts
- Depression & Anxiety
- Substance Abuse
- Domestic Violence
- Self Harm
- Paranoia & Psychosis
- Emotional Distress

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