



AUNTIE SAYS:

IT'S OKAY

TO ASK

FOR HELP.

Talking it out is in our nature. Reach out for free, 100% confidential help.

**CALL
OR
TEXT**

988

**MENTAL
HEALTH
LIFELINE**

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

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