

**NOT**

**EVERYONE IS**

**SUICIDAL.**

**BUT EVERYONE**

**HAS STRUGGLES.**

You don't have to be at the end of your rope to need a hand. Talk early. Talk often.

**CALL  
OR  
TEXT**

**988**

**MENTAL  
HEALTH  
LIFELINE**

Depression & Anxiety Substance Abuse Domestic Violence Relationship & Family Problems  
Financial Stress Loneliness & Hopelessness Paranoia & Psychosis Self Harm Suicidal Thoughts

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