

IN A MENTAL HEALTH CRISIS? DO NOT DELAY IN SEEKING HELP.

In Case of EMERGENCY, Dial 911

Suicide Prevention Lifeline:

Call 1-800-273-TALK

Crisis Text Line:

741741

Call4Calm:

Text TALK or HABLAR to 552-020



**IF YOU THINK YOU'RE EXPERIENCING A MEDICAL EMERGENCY, DIAL 911
OR GO TO THE NEAREST EMERGENCY ROOM FOR HELP.**