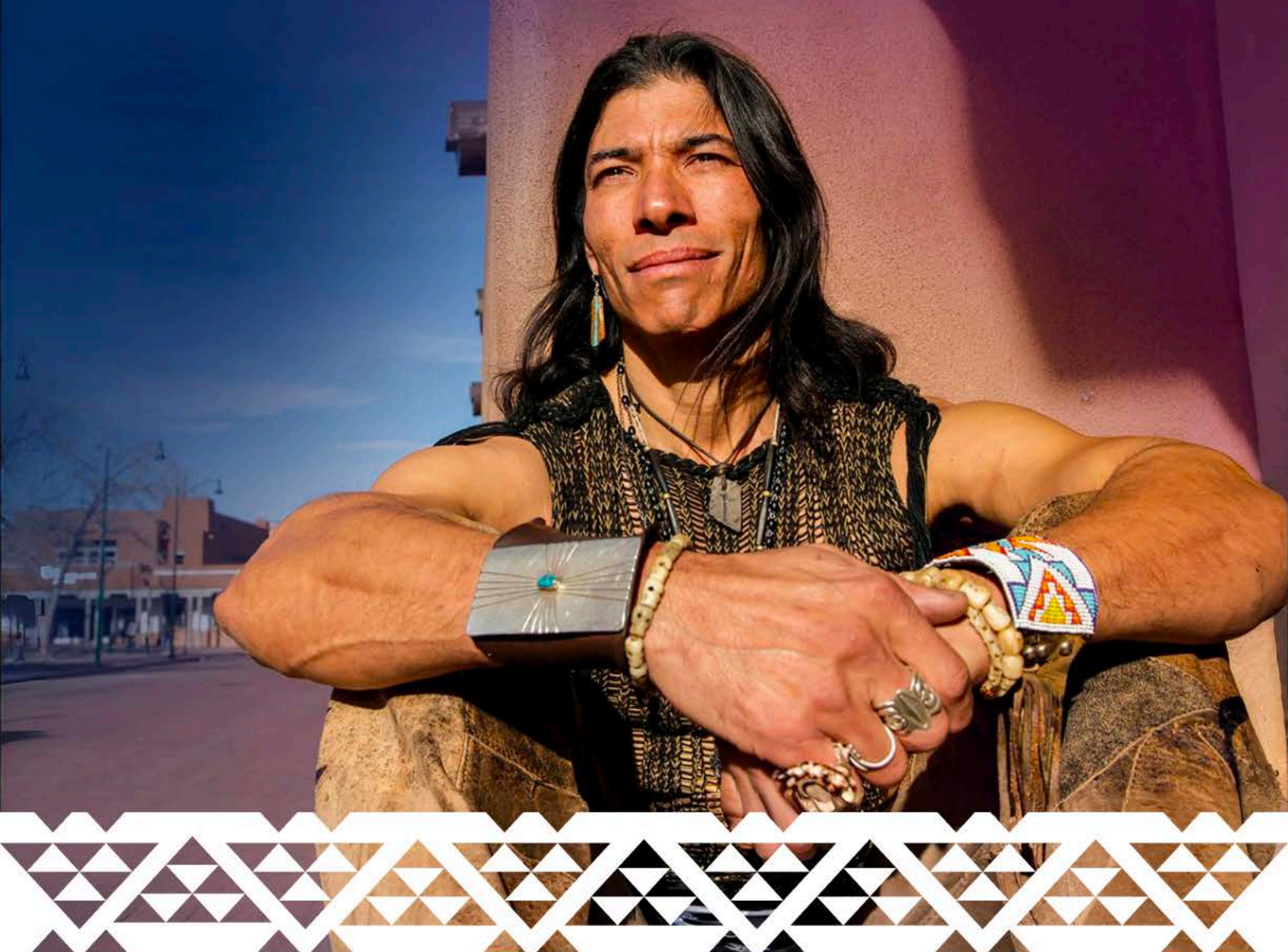




Asking for Help is Human

988 | SUICIDE & CRISIS
LIFELINE

The National Suicide & Crisis Lifeline can be reached via call or text to 988. Crisis Chat is also available through their website.

CRISIS TEXT LINE |

Text based support is available through Crisis Text Line: text **NATIVE** to 741741 from anywhere in the U.S., and a trained Crisis Support Counselor will respond quickly.

**Confidential Support is available 24 hours a
day, 7 days a week, 365 days a year**

