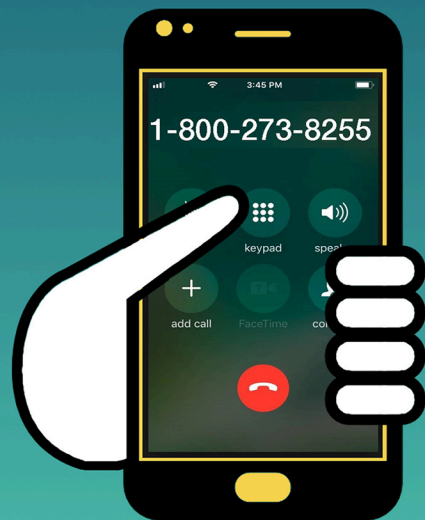


Are you or someone you know in crisis?

YOU ARE NOT ALONE

FREE CONFIDENTIAL HELP IS AVAILABLE NOW



24/7 CRISIS TALK LINE
1-800-273-TALK (8255)



24/7 CRISIS TEXT LINE
741741
a live, trained crisis
counselor receives the text
and responds quickly



24/7 CRISIS ONLINE CHAT
www.imalive.org

For help in your community, contact: