

**988** SUICIDE & CRISIS  
**LIFELINE**

THE LIFELINE PROVIDES 24/7, FREE  
AND CONFIDENTIAL SUPPORT FOR  
PEOPLE IN DISTRESS, PREVENTION  
AND CRISIS RESOURCES FOR YOU OR  
YOUR LOVED ONES



**YOUR MENTAL HEALTH MATTERS**  
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You deserve support. Text SCHOOL to 741741 to reach a Crisis  
Counselor. Free, 24/7.

CRISIS TEXT LINE |