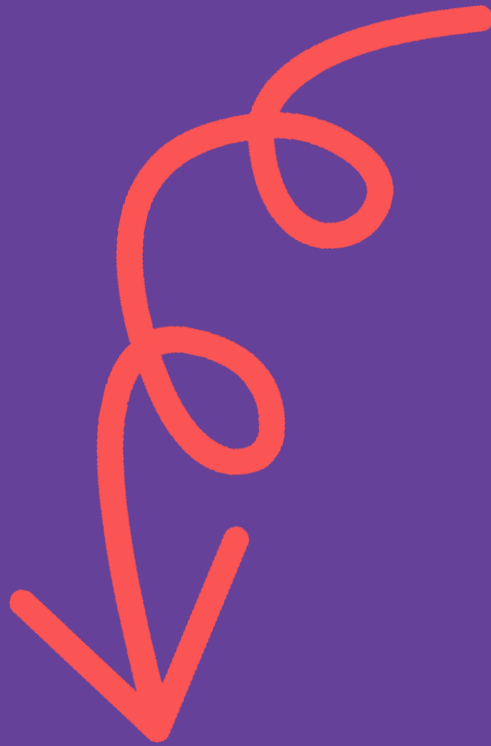


Free and
confidential
support for
people in
distress



National lifeline
1-800-273-TALK
(8255)

**Text HOME to
741741 to connect
with a Crisis
Counselor**

Connect to help



**Help is
always
available**



**Text STEVE to
741741 to access a
culturally trained
Crisis Text Line
counselor**

Text START to
678678 for
confidential
messaging
with a Trevor
counselor



Trevor Text
Line for
LGBTQ+