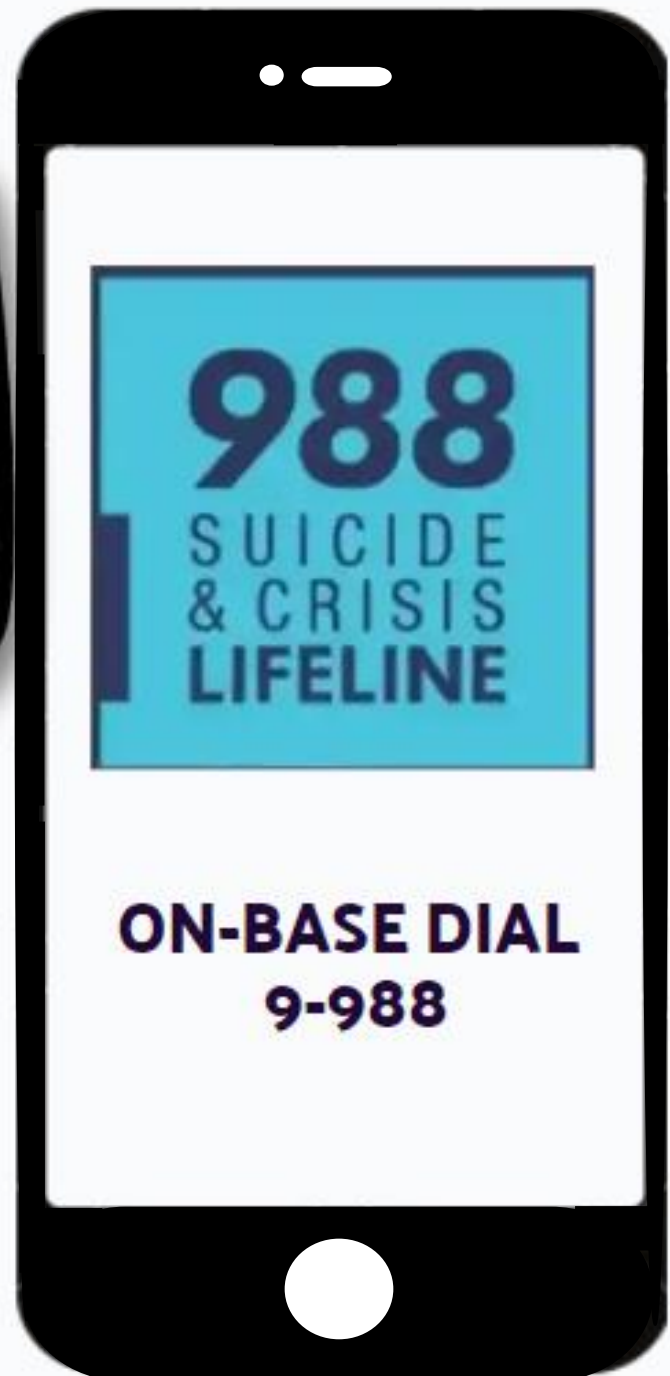


# NEED HELP?

## National Suicide & Crisis Line

### PLEASE CALL

On July 16, our nation will begin utilizing 988 as an easy to remember dial, text and chat code for anyone experiencing a suicidal, mental health, or substance use related crisis. Contacting this number will provide callers to a direct connection with compassionate support for themselves or for loved ones they may be worried about through the National Suicide Prevention Lifeline.



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