

Stressed?

Frustrated?

Overwhelmed?

**DON'T BE.**



**Contact our FREE 24 / 7 sms  
service.**

**Text "HOPELINE" to  
741741.**



*Though not therapy, we offer  
no-judgment support, hope,  
empathy, reassurance,  
understanding, and resources. There  
are trained crisis counselors  
who can help you.*

A free service provided by:

