



Did you know?  
Good  
Mental  
Health  
is  
**ESSENTIAL!**

**Try our Free SMS  
service. Text  
“HOPELINE” to  
741741.**

*Though not therapy, we offer  
no-judgment support, hope,  
empathy, reassurance,  
understanding, and resources.  
Trained crisis counselors are  
standing by.*



**A free service provided by:**

