

**YOU ARE
STRONG.**

**YOU ARE
BRAVE.**

YOU ARE NOT ALONE IN THIS

TEXT “Got5” to 741-741

FREE, ANONYMOUS, 24/7 TEXT LINE



Office of
Mental Health

CRISIS TEXT LINE |



**THIS IS TOUGH.
SO ARE YOU.**

TEXT “Got5” to 741-741

FREE, 24/7 CONFIDENTIAL TEXT LINE



**Office of
Mental Health**

CRISIS TEXT LINE |

