

Having Mental Health Challenges?

NEED HELP?

Call 988 or Text 741741

YOU MATTER & YOU ARE NOT ALONE!

- Stop The Stigma • It's OK to Get Help • You Are Important •
- Talk, Don't Text • There is Always, Always Hope • Emotional Resiliency •
- Coping Skills • Share Your Feelings • Taking Care of Your Mental Health is an Act of Love • Self Love • Anxiety, Depression
- Over Come Negative Thoughts • Have Positive Thoughts

Let's Talk About It

988 Suicide & Crisis Lifeline



988

CHAT WITH LIFELINE

Texas Youth Help:

800-989-6884

(Provides Resources for teens and parents)

Text "HOME" to 741741

Did you know that if you n text HOME to 741741 when you are feeling depressed or suicidal, a crisis worker will text you back immediately and will continue to text with you?