# Mental

# Health

# Crisis #988

## You are not alone!

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| 988 Suicide & Crisis Lifeline Available 24hours – 7 days per week  Free & Confidential  Call or text 988  Chat: 988lifeline.org/chat  988 Suicide & Crisis Lifeline |  |

#### “Although the world is full of suffering, it is also full of the overcoming of it” – Helen Keller

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