

let's TALK about it.



Real People. Real Stories.
A Month to Talk, Listen,
and Support.



**MENTAL HEALTH
PARTNERSHIPS**
Together, we build hope.

Help is a call and click away:



988

Suicide and Crisis Lifeline
*Call or text for support
during crisis*



MHPHope.org/chatline

Mental Health Partnerships
Chatline, Mon - Fri, 9am - 7pm

*Scan for additional
resources:*

