

MENTAL WELLNESS FOR THE HOLIDAYS

Stronger Together

You're Not Alone.
Help is Available.

988 Suicide &
Crisis Lifeline
988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 (press 1)

SAMHSA's
National Helpline
1-800-662-HELP (4357)

Disaster Distress
Helpline
1-800-985-5990

FindSupport.gov

FindTreatment.gov

SAMHSA