

BAD DAY?

STRESSED OUT?

NEED TO TALK?

You don't need to go through it alone.

**TEXT: 301-738-2255**

Monday–Thursday • 4pm–9pm



Text with a Trained Specialist.  
Resources and Support Available.

You can also **CALL**: 301-738-2255 OR  
**CHAT** at [www.crisischat.org](http://www.crisischat.org)  
24 hours per day, 7 days per week

**CONFIDENTIAL**

Talking with others helps.

Let us listen.

