



LifeWise
— THERAPY —



Need Immediate Help?

If you or someone you know is in crisis,
support is available 24/7.



Call or Text 988

Suicide & Crisis Lifeline



The 988 Lifeline connects you with trained crisis counselors for support with emotional distress, suicidal thoughts, mental health crises, or substance use concerns. You do not have to go through it alone.



When to reach out

- ✓ You are feeling overwhelmed, hopeless, or unsafe
- ✓ You are worried about someone else
- ✓ You need immediate emotional support



If there is an immediate danger or a medical emergency, **call 911** or go to the nearest emergency room.