

Front (3 inches x 5 inches)

You Are Not Alone. Help Is Available.



Back

Crisis Hotline (24/7): 988

Crisis Text Line (24/7):
Text 4HOPE to 741741

Firelands HopeLine (8am - Midnight):
567-867-HOPE

MRSS for youth and families (8am - 10pm):
567-274-8816

To be linked with local treatment services,
call 419-681-6268 or scan the QR code.

