

It's Okay to *not* be OK



**Free Mental
Health Resources**
nami.org/help

Monday–Friday

10 a.m.–10 p.m. ET

Call: 1-800-950-NAMI (6264)

Text: “helpline” to 62640

Chat: nami.org/help or
info@nami.org

www.nami.org/help

***In a crisis situation,
call or text 988***

Take one for you, take one for a friend.

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