

Talk to us.

NAMI T&YA HelpLine

nami.org/talktous

**Text FRIEND
to 62640**



Mental health starts here.

NAMI Teen & Young Adult HelpLine

*Talk to us for mental health information,
resources and peer support.*

M-F 10am - 10pm ET

In a Crisis?

**Text or call 988 to speak with
the 988 Suicide and Crisis Lifeline.**

Help is available 24/7.



nami

National Alliance on Mental Illness