

YOUR MIND MATTERS

**PROTECT IT LIKE YOU
PROTECT YOUR BODY**



Notice how you feel

Feeling hopeless, tired,
short-tempered, or lonely?



Talk to someone

Friend, family, coworker –
anyone you trust



Get help fast

Call or text 988
Chat online at 988lifeline.org



Use available support

HR, EAP, counselor, doctor,
or spiritual leader

YOUR LIFE MATTERS
SPEAK UP. REACH OUT. HELP IS HERE.

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