

# YOU ARE NOT ALONE

## Local and National Resources



Mental Health or  
Substance Use  
concerns:

(269) 673-0202 or 888-  
354-0546



IF YOU NEED SUPPORT PLEASE CALL THE TREVOR LIFELINE AT:

**866 4-U-TREVOR**  
(866-488-7386)



Disaster Distress  
Hotline

1-800-985-5990 or  
Text 66746  
TalkWithUs

*Experiencing a crisis?*  
**381-HELP (4357)**

Warmline (Peer  
connection)  
10 a.m. to 2 a.m.  
888-PEER-753 (888-  
733-7753

**Michigan Text Line – Text “RESTORE”  
to the number 741741 on a smartphone  
or other mobile device to launch a  
confidential text conversation with a  
crisis counselor.**