Need help?

Text: "COURAGE" To: 741741
FREE. 24/7. CONFIDENTIAL.
Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

PROVIDED BY
CRISIS TEXT LINE

Seeking volunteers.

Join a group of superheroes (with laptops instead of capes).
Learn more at: www.crisistextline.org/volunteer

EachMindMatters.org
Funded by counties through the voter-approved Mental Health Services Act (Prop 63).