

Feeling Overwhelmed?



Text **COURAGE** to 741741

to connect with a trained
volunteer Crisis Counselor

IN PARTNERSHIP WITH

CRISIS TEXT LINE |

**FREE 24/7 support
at your fingertips**

How it works

- ❶ Text **COURAGE** to 741741
- ❷ Connect with a trained volunteer
- ❸ Move from crisis to calm



SCAN FOR
COMMUNITY
RESOURCES



FOUNDATION for CALIFORNIA
COMMUNITY COLLEGES