

Feeling Overwhelmed?

Hey, is anybody there?

Yes, we are here
for you 24/7.

I'm having a hard time
and I wasn't sure where
else to turn.

You did the right thing
by reaching out.

Text **COURAGE**
to **741741**

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

Many of us will experience
a mental health challenge in
our lifetime. All of us have a
reason to speak up.



**SCAN FOR
COMMUNITY
RESOURCES**

IN PARTNERSHIP WITH

CRISIS TEXT LINE |



California
Community
Colleges



FOUNDATION *for* CALIFORNIA
COMMUNITY COLLEGES