NAMI
National Alliance on Mental Illness

It's Okay to *not* be OK

NAMI HelpLine

Free Mental Health Resources
nami.org/help

Monday–Friday
10 a.m.–10 p.m. ET
Call: 1-800-950-NAMI (6264)
Text: "helpline" to 62640
Chat: nami.org/help or
info@nami.org
www.nami.org/help

In a crisis situation, call or text 988

Take one for you, take one for a friend.

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