

A person with dark, curly hair is sitting on a light brown tufted couch. They are wearing a white t-shirt and blue jeans. Their head is buried in their hands, and they appear to be crying or in deep distress. The background is a modern interior with a white wall featuring several square recessed light fixtures. The floor is made of light-colored wood planks.

**Are you
overwhelmed
and feeling helpless?**

We can help.

Sometimes you just
need someone to listen.
You can call or text us.

We will listen.



988 suicide and crisis lifeline is answered locally by FirstLink.
Learn more at myfirstlink.org

