



**Need mental health support?**

Reach a trained counselor for a free, confidential conversation any time of day:

- Text HOME to 741-741

In a suicide, mental health, or substance use crisis:

- Text or call 988

If there is a medical emergency or immediate danger of harm:

- Call 911 and say you need support for a mental health crisis

More information and resources:

[jedfoundation.org/help](https://jedfoundation.org/help).

The Jed Foundation (JED) is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults, giving them the skills and support they need to thrive today...and tomorrow.



The Jed Foundation