

# **It's okay to reach out for help**

**Whether it's  
someone  
you know**



**Or over the  
phone**

**2nd Floor Helpline:  
[\(888\)-222-2228](tel:(888)222-2228)**

**That's what we're here for!**

**It's okay to feel  
down; we all do  
sometimes. We  
know what it's like  
and we can help.**