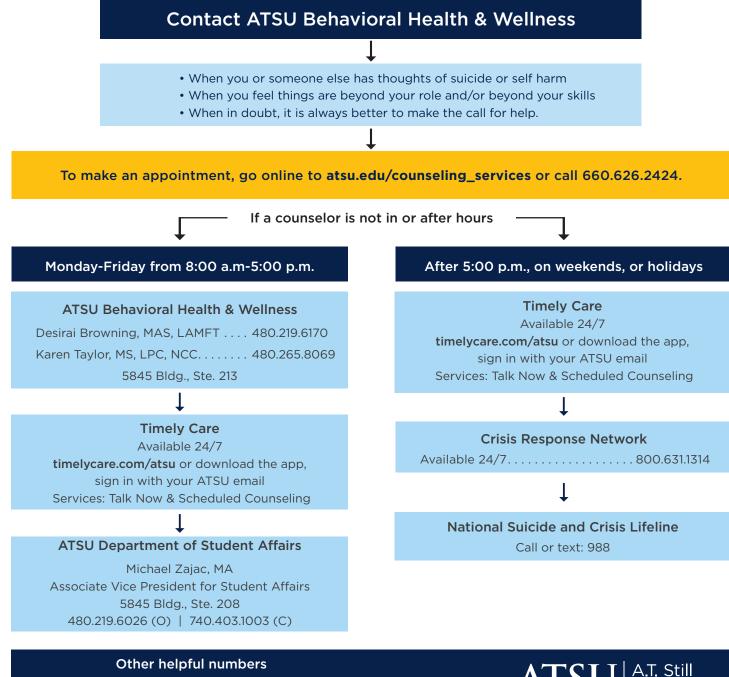


If you believe this to be a crisis, **Call 988**

Make a temporary plan to be safe until help arrives. If this involves another person, be sure they verbalize they will not harm themselves. If possible, see if they have a friend or family member to be with in the meantime. Stay on the line, or call the person back and continue talking until help arrives.



Mind 24-7 Call, text, or visit 1138 S. Higley Rd., Mesa, AZ 85206 | 844.646.3247