

ROAD MAP TO GETTING HELP



Depressed? Got a drug problem? Considering suicide?

If you are struggling...If life is just "too much"...If you feel like you're drowning...you can't breathe...and you're never going to get better...just REACH OUT! Those feelings won't last forever! You can get help...and you can get through it!

TEXT MESSAGING

Crisis Text Line
Text "HELLO" to:
741741

The Trevor Project (LGBTQ)

Text "TREVOR" to:
(202) 304-1200
(M-F 3-10 pm)

HOTLINES

National Suicide Prevention
(800) 273-8255

Ozone House
(734) 662-2222

Trevor Lifeline (LGBTQ)
(866) 488-7386

www.ruokmichigan.org ruokmichigan@gmail.com (734) 926-5480