

# YOU DON'T HAVE TO FACE THE STRUGGLE ALONE.

If you or someone you know is struggling, please know you are not alone. There are many services and treatment options that can help. A change in mood or behavior could be an early warning sign of a mental health condition and should not be ignored.

## FOR IMMEDIATE HELP IN A CRISIS:

### DIAL 988

to talk with a trained crisis counselor 24/7 through the National Suicide Prevention Lifeline.

### TEXT TALK TO 741-741

to receive 24/7 crisis support from a trained crisis counselor via text message.

### DIAL 911

and notify the operator that it is a psychiatric emergency and ask for first responders trained in crisis intervention.

## LOCAL RESOURCES

Support for anxiety, depression, and suicide are also available at the local level. Services include screening, education, support groups, and more.

FORSYTH CO: 336-768-3880

GUILFORD CO: 336-890-2700

## ADDITIONAL RESOURCES

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization. They offer free education, skills training, and support for anyone struggling with a mental health disorder, including anxiety, depression, and suicide.

[www.nami.org](http://www.nami.org) • 1-800-950-6264

The American Foundation for Suicide Prevention comes alongside those affected by suicide by providing resources and support for survivors and those who have lost someone to suicide.

[www.afsp.org](http://www.afsp.org) • 1-888-333-2377

FOR OTHER REFERRALS CONTACT: [CARE@THESUMMITCHURCH.NET](mailto:CARE@THESUMMITCHURCH.NET)