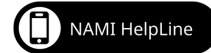


# It's **OK** to *not* be **OK**



*In a crisis situation, call or text 988*

**Free Mental  
Health Resources**  
*nami.org/help*

Monday–Friday

10 a.m.–10 p.m. ET

**Call:** 1-800-950-NAMI (6264)

**Text:** “Friend” to 62640

**Chat:** *nami.org/help* or  
*info@nami.org*

*www.nami.org/help*

**Take one for you, take one for a friend.**

**In a Crisis:** Call or Text 988  
**Text:** “Friend” to 62640  
**Call:** 1-800-950-NAMI (6264)  
*www.nami.org/help*

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