

Wallet card

Instructions:

1. Print to a color copier
2. Cut along the dotted line to trim
3. Put in your wallet

Optional: Laminate the card to protect and preserve it.



Helpful resources

Suicide & Crisis Lifeline: Call or text 988

NAMI Helpline: 800-950-6264

SAMHSA's National Helpline: 800-662-4357

SAMHSA Veteran's Crisis Line: Call 988, then press option 1, or text 838255

Trevor Lifeline: 866-488-7386

www.1in5.info



Support not stigma

One in five Americans experiences a mental health concern annually.

