



The first place to call.

 **844-277-4820** 1pm – 11pm

**Connect with a trained counselor when stress,
depression or other mental health issues
create a personal crisis.**

Our team can respond to an urgent issue in the community, at home or in school.

Part of our offering is a follow up plan, and we assist to make sure it is carried out.

- Suicidal thoughts
- Emotional trauma
- Serious mental illness
- Anxiety
- Depression
- Family crisis

accessupports.org