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

accesssupports.org

The first place to call.

844-277-4820 1pm – 11pm