

Wellness Resources for Stress, **Depression, & Suicide Prevention** 

Share with your workplace, family, or friends.

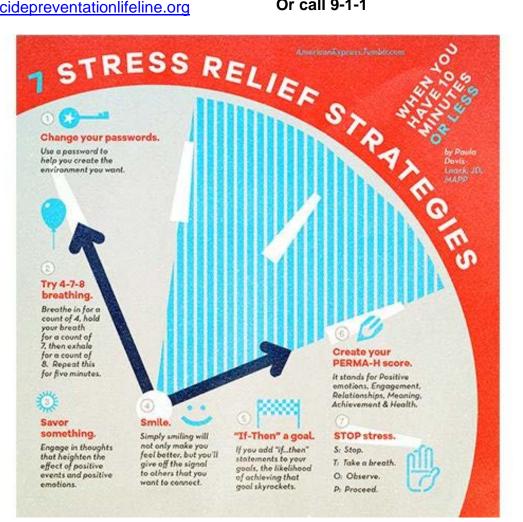
**First Call for Help Frontier Behavioral Health** 509.838.4428 www.fbhwa.org

**National Suicide Hotline** 1.800.273.8255 Text TWLOHA to 741741 www.suicidepreventationlifeline.org

Trevor Project LGBTQ+ Support 866-488-7386 Text START to 678678 www.thetrevorproject.org

Crisis Text Line 741-741 www.crisistextline.org

Or call 9-1-1



## www.AmericanExpressTumblr.com



## Need help finding a resource?

Ask library staff for help if you are unable to find or access a resource. We're glad to help you find the information you are looking for.