

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

Share with your workplace, family, or friends.

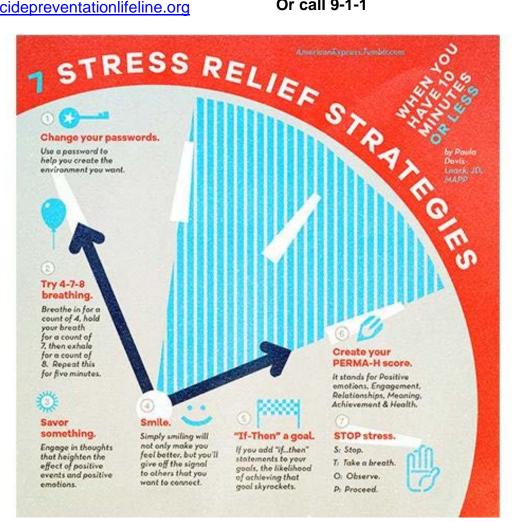
First Call for Help Frontier Behavioral Health 509.838.4428 www.fbhwa.org

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



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