

Support Resources for Individuals in Crisis

Dear [Recipient's Name],

If you or someone you know is experiencing a mental health crisis, it's important to seek help. Below are some resources available to provide support:

Emergency Contacts

- National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
- Crisis Text Line: Text HOME to 741741
- Emergency Services: Dial 911

Local Mental Health Services

Please consider reaching out to local mental health providers:

- [Local Mental Health Clinic Name and Phone]
- [Psychiatrist or Therapist Name and Phone]

Support Groups

Connecting with others can be beneficial. Here are some options:

- [Local Support Group Name and Meeting Information]
- [Online Support Group Resource]

Self-Help Resources

Consider looking into these self-help tools:

- [Mental Health Website or App]
- [Books or Articles on Mental Well-being]

Remember, it's okay to ask for help. You are not alone, and there are people who care and want to support you.

Take care,

[Your Name]

[Your Contact Information]