

Mental Health Crisis Support Services

Dear [Recipient's Name],

We understand that mental health challenges can be overwhelming at times. It is important to know that you are not alone and there are resources available to help you during a crisis.

24/7 Crisis Hotline

If you are in immediate distress or are thinking about hurting yourself, please contact the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)**.

Text Support

You can also reach out for support via text. Simply text **HELLO** to **741741** for the Crisis Text Line.

Local Support Services

Consider contacting local mental health services:

- [Local Mental Health Service Name] - Phone: [Phone Number]
- [Another Local Service] - Phone: [Phone Number]

Professional Help

Seeking help from a licensed mental health professional can also be beneficial. Visit [Website for Finding a Therapist] for more information.

Remember, reaching out for help is a sign of strength. Please take care of yourself.

Sincerely,
[Your Name]
[Your Position]
[Organization Name]