



## MENTAL HEALTH & SUICIDE PREVENTION RESOURCES

- **Crisis Hotline: (877) 422-5939** – 24/7 confidential crisis support
- **Outpatient Mental Health Services:** Counseling, psychiatric care, and case management for adults and children.
- **Substance Use Services:** Treatment programs for individuals facing addiction.
- **Early Childhood Intervention:** Support for families with children at risk of developmental delays.
- **Visit [www.lifepathsystems.org](http://www.lifepathsystems.org) for more information.**

## National & Community Resources

- **Crisis Text Line:** Text HELLO to 741741 for confidential crisis help.
- **National Alliance on Mental Illness (NAMI):** Call 1-800-950-NAMI (6264) or visit [www.nami.org](http://www.nami.org)
- **The Trevor Project (LGBTQ+ Youth Support):** Call 1-866-488-7386 or text START to 678678.



**Contact us for  
more information**

**(972) 562-0190**

**[LifePathSystems.org](http://LifePathSystems.org)**

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