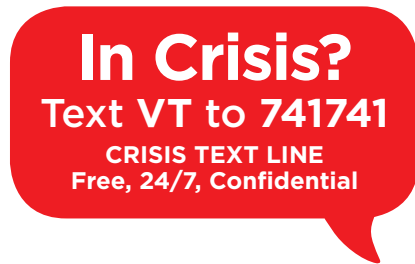


Need Help for Mental Health?

- ◆ Talk to a family member, friend, health care provider or faith leader
 - ◆ Call your local mental health agency or crisis team
-

- ◆ Text the Crisis Text Line: Text **VT** to **741741**
- ◆ Call the National Suicide Prevention Lifeline: **800-273-TALK (8255)**
- ◆ **Resources for help can be found at:**
www.sprc.org and **www.vtspc.org**
- ◆ Call Northern New England Poison Center: **800-222-1222** or text **POISON** to **85511**





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