You are not alone. BUT for those times when you feel like you are, here are a few places you can go.

**CALL 911 IN AN EMERGENCY**

- **24/7 Crisis Text Line**
  text “NAMI” to 741741

- **NAMI Helpline**
  800.950.6264

- **SCDMH Mobile Crisis Unit**
  833.364.2274

- **Suicide Prevention Lifeline**
  800.273.8255

- **yourlifeyourvoice.org**

- **National Parent Helpline**
  1-855-427-2736

- **The Trevor Project**
  (LGBTQ support)
  thetrevorproject.org
  866.488.7386

- **@endingthesilence_sc**
- **@namiscparentrefresh**
- **@namiscteacherrefresh**

namisc.org/resources | email: endingthesilence@namisc.org

**BEST DAY EVER**

**MY LIFE IS CRAP**