

Mental Health in the Workplace.



DON'T WAIT! CALL OR TEXT 988

If you or a colleague are EXPERIENCING A CRISIS, you can:

- **CALL OR TEXT 988 | SUICIDE & CRISIS LIFELINE**
Veterans Crisis Hotline: Press 1
- **Contact your employers EAP assistance line**
- **TEXT 4HOPE TO 741741**
to be connected to a trained counselor

**MANY PEOPLE SUFFER
FROM ANXIETY,
DEPRESSION, AND
SUICIDAL THOUGHTS
IN SILENCE**

» DON'T WAIT! CALL OR TEXT 988