

"For the task is too heavy for you; you cannot do it alone."

Exodus 18:18

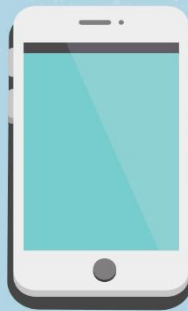
**Are you or  
someone you know  
in crisis?**

**YOU ARE NOT ALONE**

**FREE, CONFIDENTIAL HELP IS AVAILABLE NOW**



**1-800-273-TALK (8255)  
24/7 crisis talk line**



**741741  
24/7 crisis text line**

a live, trained  
crisis counselor receives  
the text and responds  
quickly



**www.imalive.org  
for a 24/7 crisis online chat**

**For help in your community, contact:**

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