

Struggling mentally or emotionally?

Bring your hidden feelings into the light.

Seek help!

- Your primary care physician
- Culturally competent clinician (in person or online)
- Professionally led support group
- Peer support group
- Employee Assistance Program
- Agency chaplain
- Clergy
- Supervisor
- Human resources
- Trusted colleagues
- Friends or family members

Get immediate support

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text "BLUE" to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-4357

Continue reaching out until you find the support that you need. You may be surprised at the support that you receive.



To learn more, visit www.safleo.org.

This project was supported by Grant No. 2018-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.