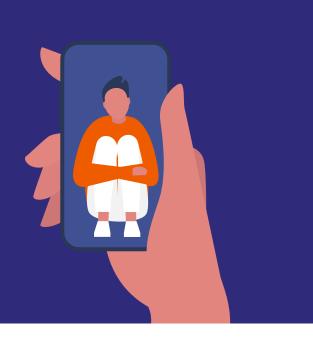
## **NEED HELP?**



# LET'S MAKE MENTAL HEALTH A PRIORITY

HERE IS A LIST OF CONTACTS WHO ARE HERE TO TALK

### Saint Regis Mohawk Tribe Mental Health Services

Monday - Friday | 9:00 a.m. - 5:00 p.m. (518) 358-3145

**Mental Health Services After Hours Crisis Center** (518) 651-4475

## Citizens Advocates Crisis and Recovery Center Malone, NY

24-hour walk-in behavioral clinic (518) 481-8160

#### **National Suicide Prevention Lifeline**

24-hour hotline 1-800-273-8255

## **Crisis Text Line (USA)**

24-hour hotline Text "GOT5" to 741741

IN THE CASE OF AN EMERGENCY, DIAL 9-1-1