



# IT'S OKAY TO ASK FOR HELP

If COVID-19 is making you feel isolated, stressed or anxious, you are not alone – and it's okay to ask for help. These options are available 24 hours a day, 7 days a week.

Call the National Suicide Prevention Lifeline:

**1-800-273-8255**

Call the Hope Line to talk to someone:

**1-800-567-4673**

Text **741 741**

to connect with someone for help

**COVID-19**  
(CORONAVIRUS)  
**INFORMATION**

