

BE KIND TO YOUR MIND



Get FREE, confidential, and easily accessible emotional-social support.

CALL-IN or LIVE VIDEO CHAT
WITH A COUNSELOR TODAY!

Empathetic counselors are here to listen, understand, and guide you through your stressors.

Chats can be as quick as 15-minutes or as long as you need.

DIAL: 1-800-643-0967

24/7 CRISIS HOTLINE:
1-866-729-3848

