

## Mental Health Resources

### Web Resources:

[nimh.nih.gov](http://nimh.nih.gov)

[twloha.com/self-care](http://twloha.com/self-care)

### Phone Resources:

Crisis Text Line - Text HELLO to 741741

Suicide Hotline - Call 1-800-273-TALK (8255)

### Counseling Resources:

Winning At Home

Talk to your small group leader/Josh