**Experiencing mental** illness can be scary and confusing. Discussing what you or a friend are going through with others is an important first step to getting help. Speaking up and asking for help is a sign of strength. You will be amazed by the support you get simply by asking. Don't be afraid to reach out if you or someone you know needs help.



## Someone is available 24/7.



Family Member **Trusted Friend** School Counselor or Advisor **Teacher or Coach** Faith Leader **Doctor or School Nurse** 

Maine Statewide Crisis Line 1-888-568-1112 Crisis Text Line: text HOME to 741741

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