

KNOW WHERE TO GO

Who to contact based on your mental health needs

I've taken anxiety medication for years but don't feel like it's working as it should



**Psychiatrist and/
or Primary Care
Physician**

My therapist and I agree medication could be helpful and I have questions

I've felt down lately and would like to talk to someone

**Employee Assistance
Program**

I'm starting to care for my aging parent and need support

I need to help a friend who said things would be better if they were no longer alive



Call or text 988 to reach the National Suicide Prevention Hotline

I'm considering hurting myself

I'm an expectant parent and I'm interested in postpartum planning

**Postpartum Support International
1-800-944-4773**

I am looking for a provider specializing in postpartum anxiety and/or depression

My child is having more trouble concentrating than usual



Pediatrician

We've had increased stress as a family and my child has been acting out

IN AN EMERGENCY

Call or text 988 or chat 988lifeline.org for support related to suicidal thoughts, mental health and/or substance abuse crisis.