



ITS OKAY TO NOT BE OKAY

TEXT 45645 FROM 2PM-11PM MST. IT IS A FREE SERVICE FROM CRISIS SERVICE CANADA FOR ANYONE WHO NEEDS SOMEONE TO TALK TO.

Reaching out can be scary but taking that step – by text, or phone – can help you feel less alone when you need it the most.

For some people, reaching out and talking on the phone can be intimidating. Many people find it easier to express emotion by typing instead of talking out loud.

The person on the other end of the line are there to support you in the struggles you are facing.

They can help you explore ways to create safety when things are feeling out of control.
