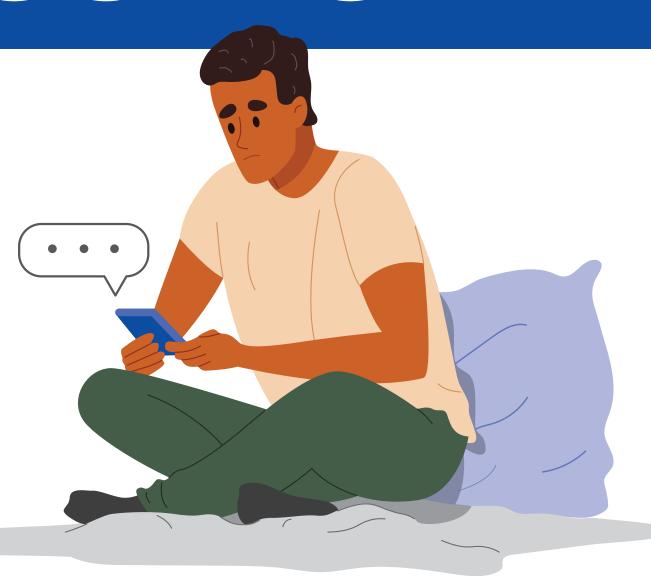
## Struggling?

You're not alone.



## Help is available.

## Call 952-891-7171

to get 24-hour phone and face-to-face support from the Dakota County Crisis Response Unit.

## Text "988"

to get 24-hour support now or visit 988lifeline.org for more chat options.

Scan the QR code to learn more about help available to you or a loved one.

**East Metro Crisis Alliance** 

