



MENTAL HEALTH & SUICIDE PREVENTION RESOURCES

There are easy-to-use services that are free, confidential, and available 24/7:

1. Crisis Text Line

This service is available for people of all ages who are looking for help. To contact the Crisis Text Line, simply text "HELLO" to 741741. You will quickly receive a confirmation that your message is being routed to a counselor.

Crisis Text Line posters have been displayed in all major company facilities where employees gather. Crisis Text Line wallet cards have been distributed as well.

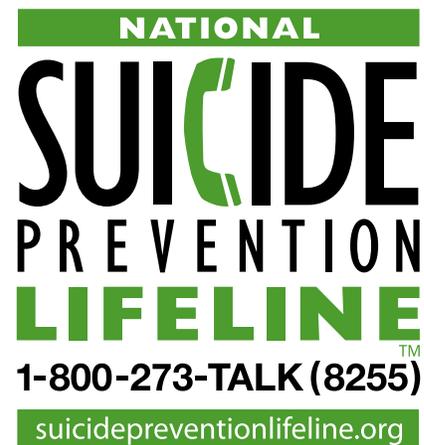
2. National Suicide Prevention Lifeline

This service provides crisis intervention for people having thoughts about self-harm or who are considering taking their life. The telephone number is 1-800-273-8255.

Suicide prevention posters have been displayed in all company facilities and wallet cards have been distributed that highlight the warning signs for suicide risk. These both have the telephone number for the National Suicide Prevention Lifeline.

3. Take a Screening

Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional - they are a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.



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