



**Metro Crisis Line • 888-885-1222 • [www.metrocrisiservices.org](http://www.metrocrisiservices.org)**

If you're struggling with a mental or emotional problem, getting into trouble with drugs or alcohol, having family or relationship problems, or problems at work or school, call Metro Crisis Line at 888-885-1222. Free, confidential guidance and support is only a phone call away. We can help you find your own path to recovery and growth.

If you're considering killing yourself, please call 888-885-1222 right now. A caring, experienced mental health professional will answer. We can help you find other options.