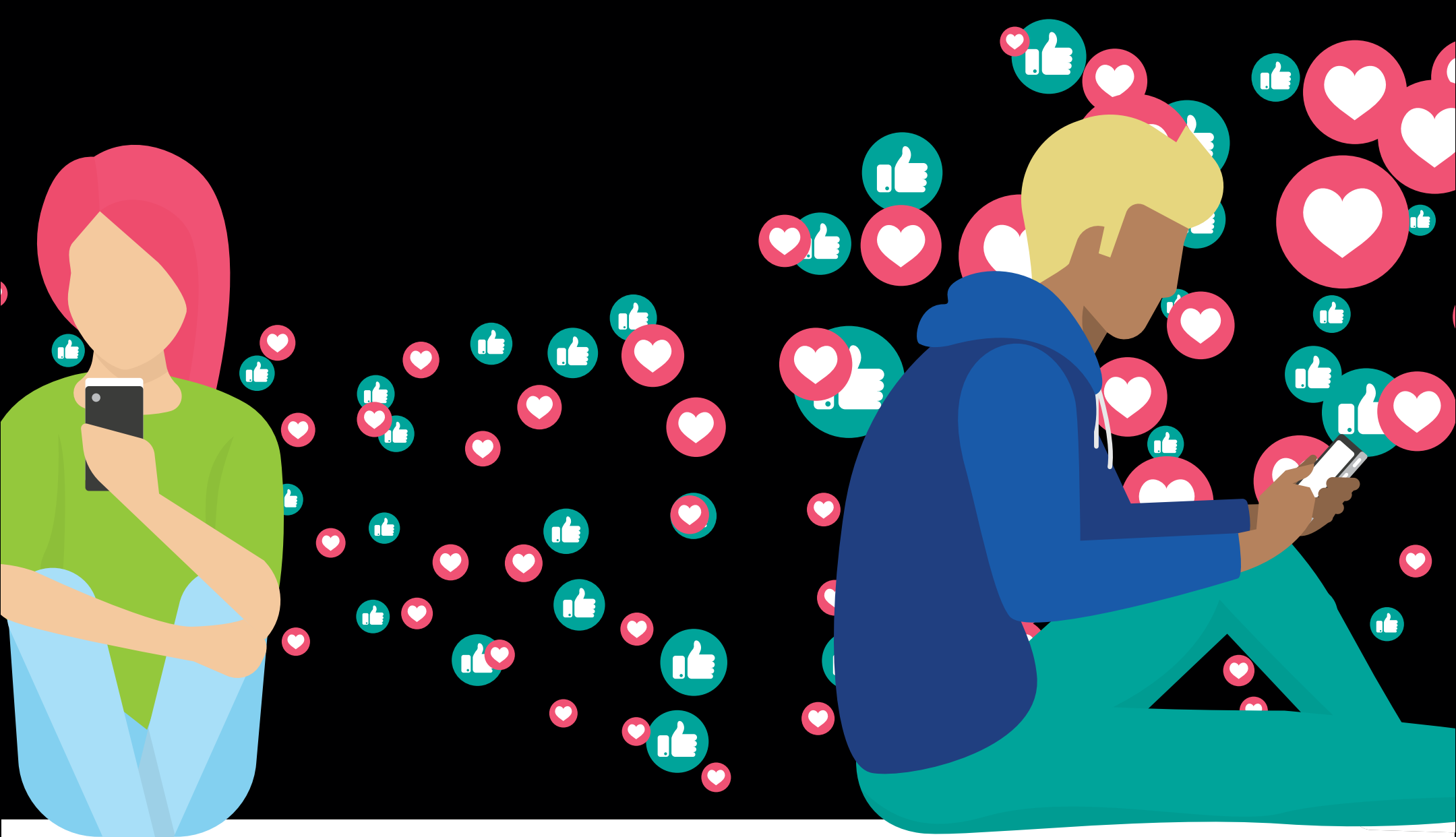




Likes and followers don't add up to happiness.

Are you struggling with depression, thoughts of self-harm or suicide ?

Call or text 211.

We can connect you to get help.

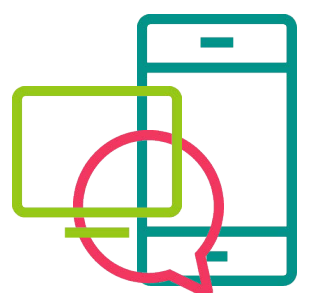
Call

Dial 211 on your
cell phone.

Text

Text your zip code
to 898211.

Get Connected! Get Answers.



Created by the Steuben Rural Health Network at The Institute for Human Services, Inc.