

FOR FURTHER ASSISTANCE
NAVIGATING MENTAL HEALTH
PROVIDERS, CALL THE MHA
OFFICE TO GET ASSISTANCE
FROM ONE OF OUR COMMUNITY
ADVOCATES TEAM MEMBERS.

YOU CAN ALSO DIAL 211 FOR
ASSISTANCE WITH MENTAL
HEALTH, OR OTHER SERVICES
WITHIN YOUR AREA

IF THIS IS A MENTAL HEALTH
CRISIS OR EMERGENCY, PLEASE
DIAL 988