

**NEED HELP OR TO TALK WITH SOMEONE?**

**Times of stress and uncertainty  
can increase other challenges.  
If you need help,  
or believe someone else does,  
please reach out.**

**National Domestic Violence Hotline: 1-800-799-7233**

**The Childhelp National Child Abuse Hotline: 1-800-422-4453**

**National Suicide Prevention Lifeline: 1-800-273-8255**

**U.S. Department on Aging eldercare support: 1-800-677-1116**

**National Sexual Assault Hotline (RAINN): 1-800-656-4673**

**The Veterans Crisis Line: call 1-800-273-8255, then press 1.**



Please share these resources!

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