



**YOU ARE NOT  
ALONE**



Struggling with depression, anxiety,  
relationships, substance use or other issues?

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Text **MHS** to **741741**.

A free, confidential text line  
for people in crisis.

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Trained Crisis Counselors are ready to help.  
Available 24 hours a day, 7 days a week.

**CRISIS TEXT LINE |**

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Scan the QR code or  
go to [mhsindiana.com](https://mhsindiana.com)  
for more info.

