

## *A Place to Go When You Need Help*

If depression, anxiety, addiction, or other mental health issues are causing serious distress and interfering with your daily life, it's time to seek help. Talk with your doctor, mental health professional, or your organization's assistance program for guidance and support. When needed, appropriate treatment can help you feel better and get back to doing the things that matter to you.

National Suicide Prevention Lifeline 1-800-273-8255

Mental Health Association in Michigan  
<https://www.mha-mi.com/>

You can contact the National Alliance on Mental Illness  
HelpLine at 800-950- 6264 for a referral  
[www.nami.org/aka](http://www.nami.org/aka).

Crisis Text Line: Text "HOME" to 741741  
for free 24/7 support via text for those in crisis

Veterans Crisis Line: Call 1-800-273-8255 and press 1

For general information on mental health and to locate treatment  
services in your area, call the Substance Abuse and Mental  
Health Services Administration (SAMHSA) Treatment Referral  
Helpline at 1-800-662-HELP (4357)  
<https://findtreatment.samhsa.gov/>

Always seek the advice of your physician or other  
qualified health or mental health professional.



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