



EMERGENCY RESPONDER CRISIS TEXT LINE

A service specifically for Emergency Responders

Struggling? Want to reach out to someone who can help, confidentially? Text with a trained Crisis Counselor regarding any crisis: work-related, personal, substance use, depression, romantic, financial.

This is a **FREE** service available 24/7 to Emergency Responders. No issue is too big or too small. You're not alone.

There's no need to suffer in silence

- Free, totally confidential service
- Trained Crisis Counselors who can help
- Available 24/7
- Text based and easy to use



RESPONDER**STRONG**[™]