

**WHEN UR  
NOT SURE  
WHR 2 TURN...**

—  
text **LIFE**  
to **61222**

or call **1-866-379-6363**

**SOMETIMES YOU JUST NEED  
SOMEONE TO TALK TO.**

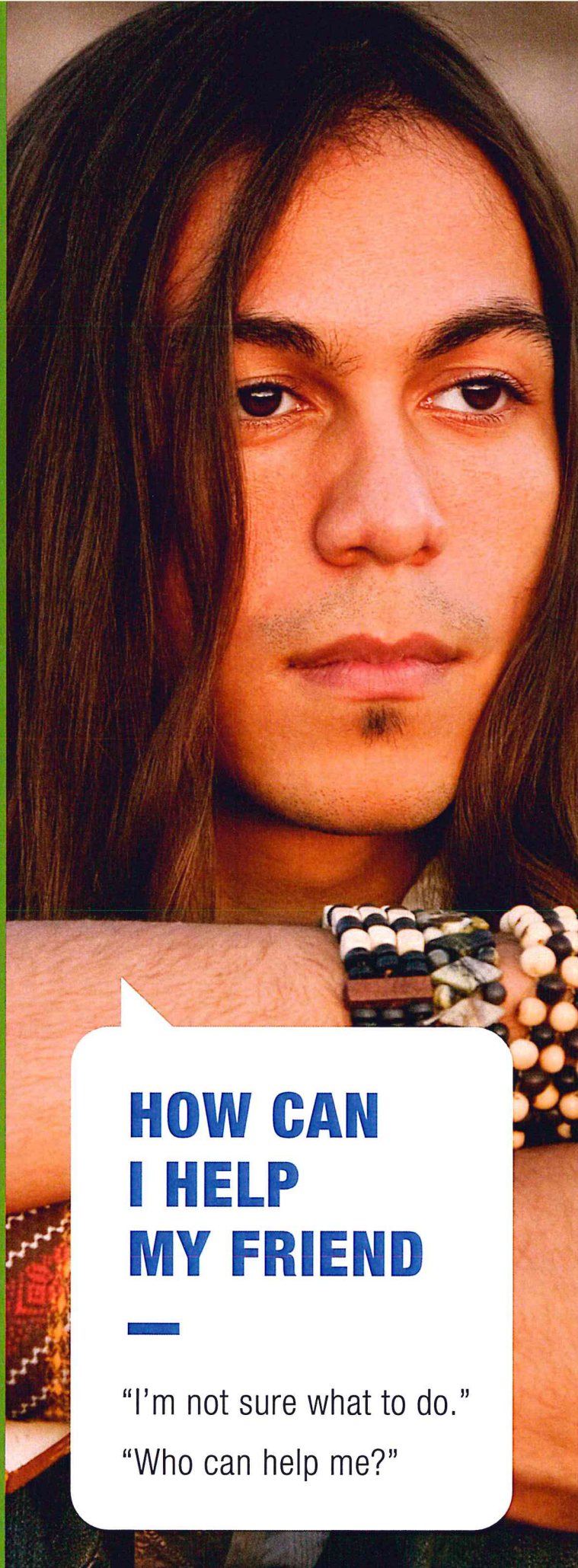
—  
**FREE. CONFIDENTIAL.  
CRISIS COUNSELORS.**

**Text LIFE to 61222**



A service of  **canvas** HEALTH

Standard text and data rates apply.



**HOW CAN  
I HELP  
MY FRIEND**

—  
“I’m not sure what to do.”

“Who can help me?”

**WHEN YOU  
THINK THEY'D  
BE BETTER OFF  
WITHOUT YOU...**

—  
text **LIFE**

to **61222**

or call 1-866-379-6363

**WE'RE HERE 24/7 TO HELP YOU  
THROUGH THE TOUGH TIMES.**

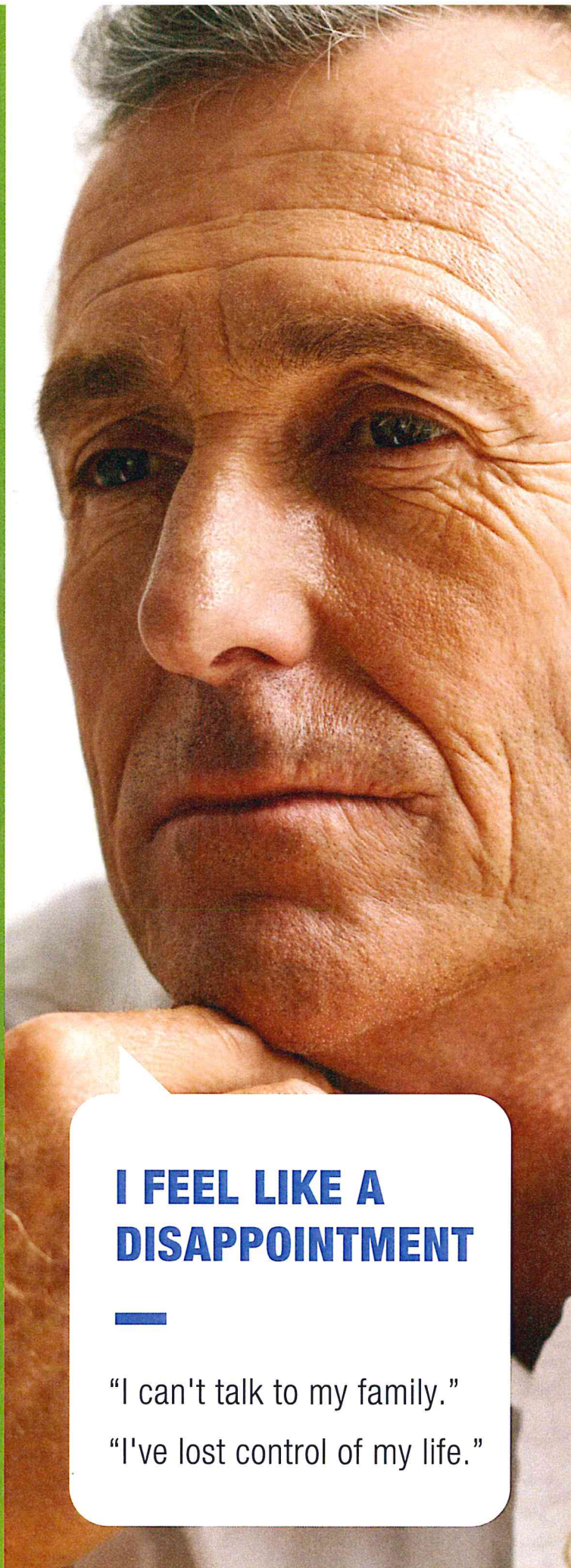
—  
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**I FEEL LIKE A  
DISAPPOINTMENT**

—  
“I can't talk to my family.”  
“I've lost control of my life.”