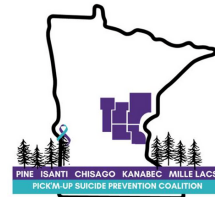


Help End Suicide

IT'S OKAY TO NOT BE OKAY!



| | Who do I call, when I need to talk? |
|--------------------------------------|---|
| I'm a member of the community | <ul style="list-style-type: none"> • MN Warm Line: Call or Text 844-739-6369 • Suicide & Crisis Lifeline: Call, Text, Chat 988 |
| I'm a military service member | <ul style="list-style-type: none"> • Military One Source: Call 800-342-9647 • Suicide & Crisis Lifeline: Call, Text, Chat 988 |
| I'm a farmer | <ul style="list-style-type: none"> • Minnesota Farm & Rural Helpline: Call 833-600-2670 • Suicide & Crisis Lifeline: Call, Text, Chat 988 |
| | Who do I call, when I'm in crisis? |
| I'm a veteran | <ul style="list-style-type: none"> • Veterans Crisis Line: Call 800-273-8255 Press 1 • Suicide & Crisis Lifeline: Call, Text, Chat 988 • East Central Crisis Services Call 800-523-3333 |
| I'm a member of the community | <ul style="list-style-type: none"> • Suicide & Crisis Lifeline: Call, Text, Chat 988 • East Central Crisis Services Call 800-523-3333 |

HELP IS ALWAYS AVAILABLE, JUST TAKE THE FIRST STEP AND CALL. LET'S END SUICIDE ONCE AND FOR ALL.