

DO YOU FEEL LIKE YOU ARE?



YOU ARE NOT ALONE

**REACH OUT NOW
FOR HELP**

[HTTPS://NETWORK180.ORG/COMMUNITY](https://network180.org/community)





WE OFTEN BELIEVE ADMITTING WE STRUGGLE WITH OUR MENTAL HEALTH IS A SIGN OF WEAKNESS. **THIS IS NOT TRUE.**

BEING WILLING TO GET HELP IS A SIGN OF **STRENGTH** AND **COURAGE.**

TAKING CARE OF OURSELVES IS **HELPFUL** AND **WISE**, AND ALLOWS US TO TAKE CARE OF THOSE WE'RE **RESPONSIBLE** FOR.

EVERYONE DESERVES GOOD MENTAL HEALTH AND WELL-BEING

HELP IS AVAILABLE

For an immediate mental health or substance use crisis:

Dial/Text **988** (24/7)

Network180 **(616) 336-3909** (24/7)

Mobile Crisis Response **(616) 333-1000**
(9a-11p M-F, 11a-9p Sat-Sun)

For help connecting to or finding support with food, clothing, shelter, and non-emergency mental health resources:

Dial **211**

Health Net of West MI **(616) 726-8204**

Learn about additional resources at:

<https://network180.org/community>

