

FEEL OVERWHELMED?

We are here to help. Our professional crisis counselors are trained to listen and help you find the way forward with stress-management strategies as well as community resources and referrals. And it's free!

Talk to someone who cares and can help today!

CALL/TEXT

8 7 7 - H E L P 3 0 4

CHAT

HELP304.COM

WV'S EMOTIONAL STRENGTHLINE

