

**I need help ...  
where do I  
start?**

**I've been struggling with:**

- Sleep problems
- Loss of appetite or other eating issues
- Lack of energy
- Loss of concentration
- Problems with self-image or confidence
- Ongoing thoughts of death or suicide
- I just don't care about anything ...

**You are not alone — help is available.**

**Maybe I need  
medication or  
therapy**

Start with your  
medical doctor



Ask about medications



Schedule an  
appointment  
with a therapist

**This is getting bad  
— I need to talk to  
someone TODAY**

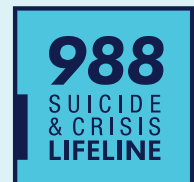
**Call 877-399-3040**

Horizon Homes 24-Hour  
Crisis Warm Line, Mobile  
Crisis or Crisis Center

**I'm thinking maybe  
everyone would be  
better off without me**

**Call 988 or  
go to the nearest  
Emergency Room.**

**Get help NOW.**



**Call or text 988  
if you have:**

- Thoughts of suicide
- A mental health crisis
- A substance use crisis

The 988 Suicide & Crisis  
Lifeline connects you to  
caring support from a  
trained crisis counselor.

**But how do I pay for these services?**

**Public programs:**

- Minnesota Care
- Medical Assistance
- MH Client Assistance program  
with Brown County

**Allina Health:**

- Health Care Navigators
- Allina Partners Care

**Private insurance**