

# self-care card

our minds  
matter

Who To Reach Out To When I'm Struggling:

1.

2.

3.



**call 988**

Suicide & Crisis Lifeline



**text MIND to 741741**

Crisis Text Line

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Things I Can Do When I'm Struggling:

1.

2.

3.



**our.minds.matter**

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**program@ourmindsmatter.org**

contact us