

Afraid or depressed?  
Family difficulties?  
Thoughts of suicide?  
Need help problem solving?

We're here for you  
**24/7/365**

Give us a call

**774-HELP/4357**  
**1-888-568-1112**



the  
**Opportunity**  
Alliance  
[www.opportunityalliance.org](http://www.opportunityalliance.org)