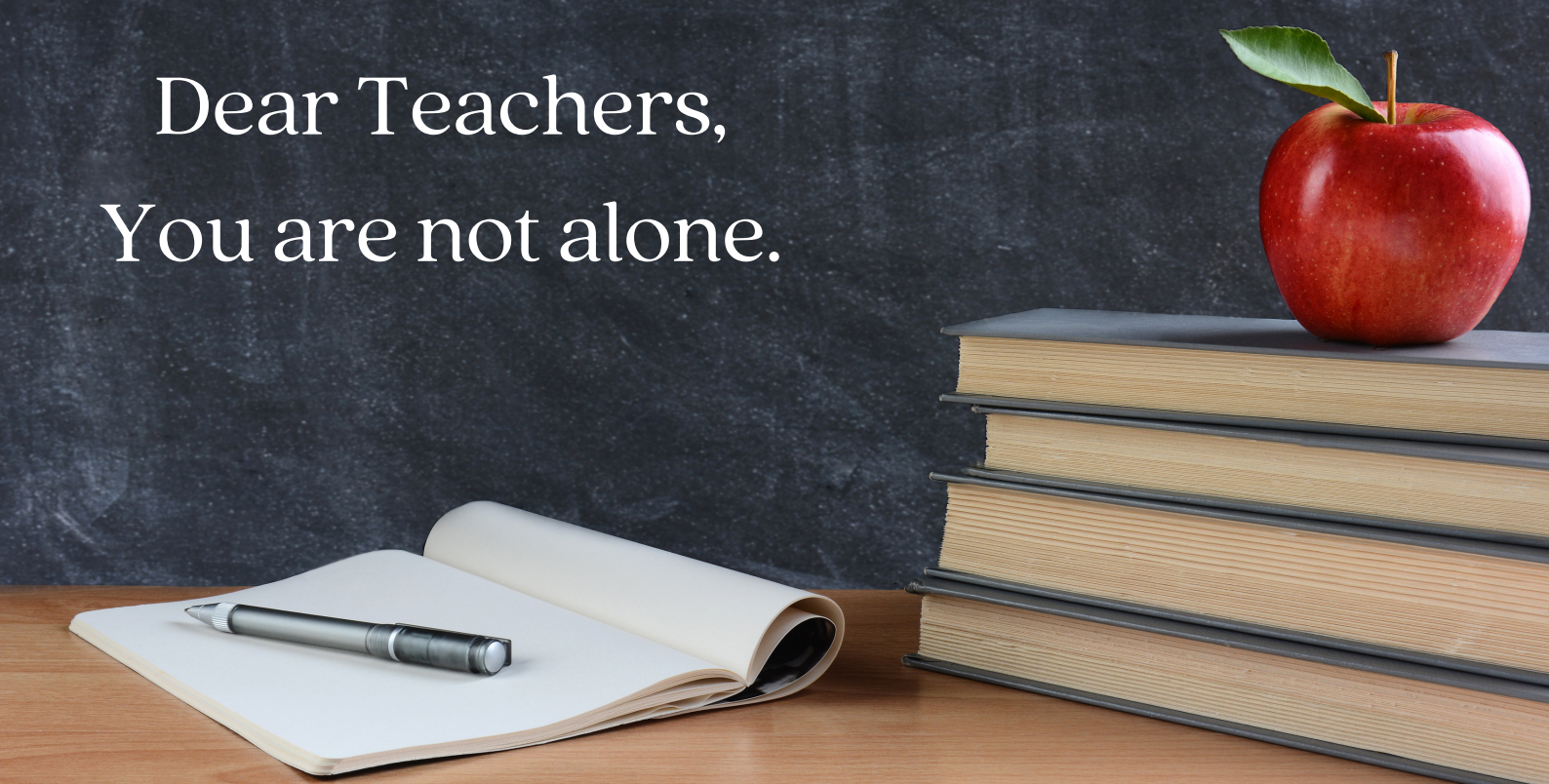


Dear Teachers,
You are not alone.

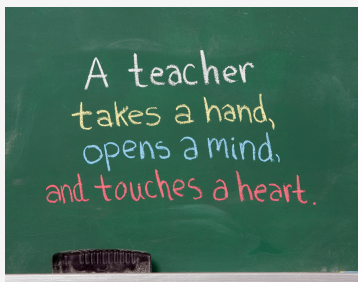


Ohio CareLine 800-720-9616

IF YOU ARE FEELING OVERWHELMED
FROM CHALLENGES & UNCERTAINTY,
PLEASE SPEAK UP. YOU ARE NOT ALONE.

WHAT IS THE CARELINE?

The Ohio CareLine is a toll-free emotional support service created by the Ohio Department of Mental Health and Addiction Services. Available to anyone who needs support 24 / 7



KNOW THE SIGNS

If you are experiencing a sense of hopelessness or helplessness, ongoing feelings of irritability; issues with your sleep or eating habits; a loss of enjoyment or withdraw from loved ones, please reach out.



OTHER RESOURCES

Crisis Text Line:
Text 4Hope to 741741

MAUMEE VALLEY GUIDANCE CENTER

1-800-569-3980

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255

FOUR COUNTY CRISIS LINE

1-800-468-4357

Speak Up * Reach Out * You are not alone