

## Feeling Overwhelmed? Need Help? Reach Out.

Visit the MedStar Connects You at MedStar.connectsyou.org



Complete a quick screening questionnaire and receive personalized resources from the Center for Wellbeing based on your unique needs, usually within one business day. This is a 100% anonymous resource that can be accessed 24/7.



MedStar Connects You is not an emergency resource. If you, or someone you know, needs immediate assistance, please contact one of the 24/7 mental health crisis numbers below, or go to your nearest emergency department.



Call:

866-765-3277

## **National Mental Health Helpline**

Call or text:

988

## We are here for YOU and your wellbeing is important to us. Please reach out if you need help.