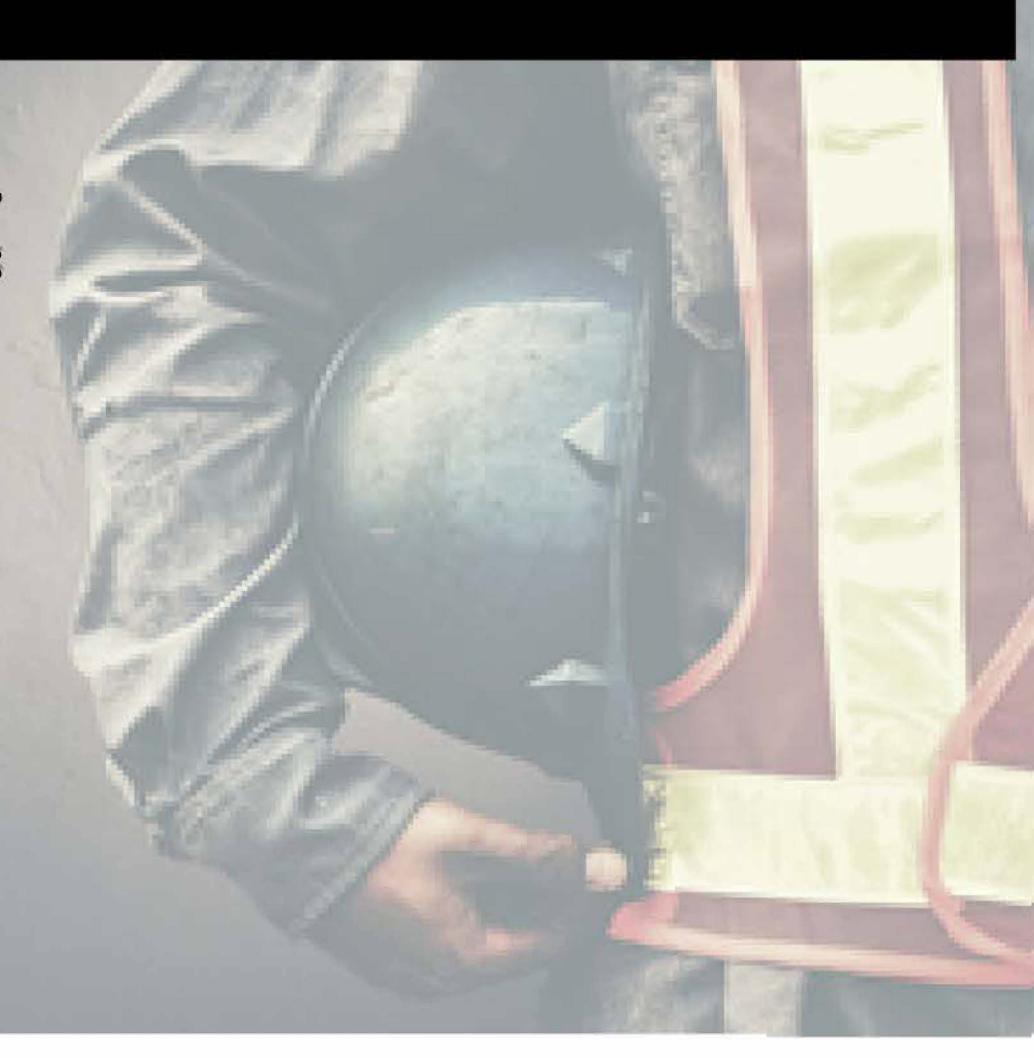
REED SOMEONE TO TALK TO?

If you're in crisis, there are options available to help you cope. Everyone needs help sometimes, reach out and talk to someone NOW.



Substance Abuse & Mental Health Services

SAMHSA'a National Helpline: (800) 662-HELP (4357)

https://findtreatment.samhsa.gov/

Inside Wiremen, Material Handler (Active and Retired):

Beat It! (800) 828-3939

https://www.beatiteap.com/

City and County of San Francisco Employees: (628) 652-4600

https://sfhss.org/eap

SFMTA Employees:

(800) 834-3773

https://www.claremonteap.com/

Sound and Communications:

(877) 225-2267

https://soundcommbenefits.com/healthwelfare/benefits/optumhealth-mental-health/ Additional Resources:

24-Hour National Suicide & Crisis Hotline: (800) 273-TALK (8255)

https://suicidepreventionlifeline.org/

National Sexual Assault Hotline: (800) 656-HOPE (4673)

https://www.rainn.org/

National Domestic Violence Hotline:

(800) 799-7233

https://www.thehotline.org/

If you are having a psychiatric emergency, please call 911 or

go to your nearest hospital emergency room.