




**STAY!**

**YOU ARE NOT ALONE**

 **If someone is in immediate danger: Call 911**







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### National Hotlines

- **988 Suicide & Crisis Lifeline** — Call or text 988 (24/7, free, confidential)
- **Crisis Text Line** — Text **HOME** to **741741**
- **Christians in Crisis** — Call or text 1-844-472-9687




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### Christian & Faith-Based Resources

- **Focus on the Family Counseling Line**  
 1-855-771-HELP (4357)  
 [focusonthefamily.com](http://focusonthefamily.com)
- **Stay Here**  
 [stayhere.live](http://stayhere.live)
- **Christian in Crisis**  
 [christiansncrisis.com](http://christiansncrisis.com)
- **Mosaic Church Pastoral Care**  
 (228) 875-3500 | [mosaicgc.com](http://mosaicgc.com)
-  **The Anxious Generation** By: Jonathan Haidt

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### Local & Regional Resources



- **Region XIV Gulf Coast Mental Health Center (Jackson County)**  
 (228) 863-1132 | 1600 N 25th Ave, Gulfport, MS 39501
- **Mississippi Department of Mental Health – Helpline**  
 1-877-210-8513 (24/7 info & referral)
- **Ocean Springs Hospital (Singing River Health System)**  
 (228) 818-1111 | ER available for psychiatric emergencies

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*Remember: You are not alone. Reach out today — help, hope, and prayer are here.*

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### Contact

**Aaron Skinner**  
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