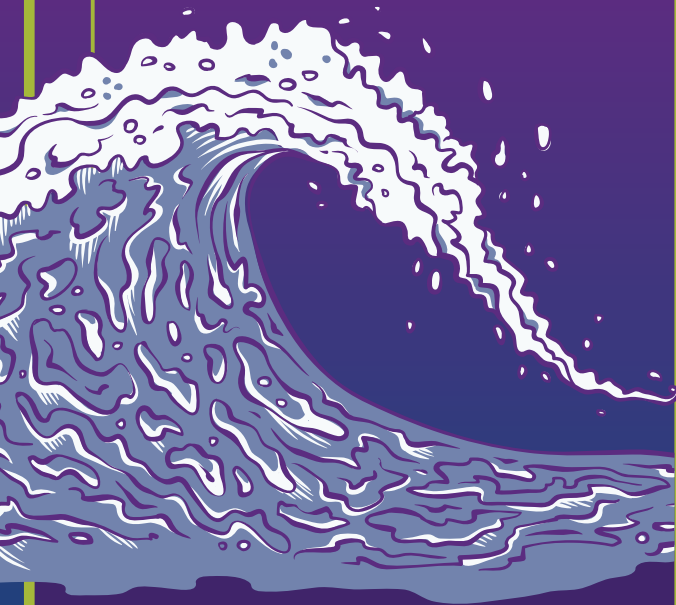


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VICKI HARRISON

Grief is Like The Ocean

It comes on waves ebbing and flowing.
Sometimes the water is calm,
and sometimes it is overwhelming.
All we can do is learn to swim.



MENTAL HEALTH Marin County Resources



SUICIDE CRISIS AND LIFELINE

Call or Text "988" The Free 24/7 crisis phone number for behavioral health crisis needs nationwide.



CRISIS TEXT LINE

Text MARIN to 741741
Free, 24/7, Confidential.



MARIN COUNTY BHRS ACCESS LINE

Call 1-888-818-1115 for Marin County Behavioral Health & Recovery Services for substance use or mental health services.



FELTON INSTITUTE'S LOSS TEAM

Call (415) 726-4685 or email sbalestreri@felton.org to connect to Felton's LOSS team.

Contact the Felton Institute
LOSS Team for resources, support,
and an installation of hope.



TO LEARN MORE, VISIT
felton.org/LOSS



“

Loss from suicide
is like no other loss...

And there's no time limit for grieving.
Allow yourself that time to process.
And then talk to someone, anyone.

DEENIE BAGLEY

