

GATHER AROUND

DEMYSTIFYING PSYCHOSIS IN THE BLACK COMMUNITY

Choose you with
intention and action



If you or someone you know is thinking
about suicide, call the national crisis line

CRISIS LINE

988

or text "TALK" to 741-741

For Immediate support, call 911

Additional Supports Include:

Zia Larson Ray of Light



American Foundation for
Suicide Prevention



American Association of
Suicidology



National Alliance on Mental
Illness



WHERE TO GO?

LET US HELP YOU GET
CONNECTED



www.fpnavigator.org

**I AM A RAY
OF LIGHT**



www.ziasrayoflight.org

If you or someone you know is experiencing a mental health concern, let us help you get connected to the right services.

www.fpnavigator.org