

**Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. If you are unsure of where to go for help, contact VerdeCares, ask your health care provider or connect with one of the following organizations:**

⇒ **Administration for Community Living (ACL)**  
**202-401-4634 [www.acl.gov](http://www.acl.gov)**

⇒ **National Alliance on Mental Illness**  
**800-950-6264 [www.nami.org](http://www.nami.org)**



**You can also connect with one of these health hotlines:**

⇒ **988 Suicide & Crisis Lifeline**: This Lifeline provides free and confidential emotional support to people in suicidal crisis and emotional distress 24 hours a day, 7 days a week across the United States. Call or text 988 to connect with a trained crisis counselor.

⇒ **Veterans Crisis Line**: This helpline is a free, confidential resource for veterans of all ages and circumstances. Call 988 then press 1; text 838255 or chat online to connect with 24/7 support.

