

no matter what...

You Matter

Overwhelmed STRESSED
SAD DEPRESSED
BULLIED
BLUE
Troubled
ALONE
Desperate HOPELESS

DO YOU IDENTIFY WITH THE WORDS ABOVE? YOU ARE NOT ALONE.

NO MATTER WHAT... YOU MATTER.

Are you feeling lost and alone—like nothing matters? Are you experiencing stressful life events—a death, a breakup, being bullied or having a changing family situation? You are not alone. We are here to help.

for all seasons
Behavioral Health & Rape Crisis Center
Restoring Lives. Transforming Communities

Providing Help, Hope & Healing for More Than 30 Years

Talking with someone about your thoughts and feelings can save your life.

YOU CAN HELP PREVENT SUICIDE.

Every 13 minutes someone dies by suicide. You can help.

If you think a friend or family member is considering suicide, reach out. Talking openly about suicidal thoughts and feelings can save a life.

- **Start a conversation**
- **Ask directly**—“Are you having suicidal thoughts?” Let them know you care.
- **Stay and listen carefully**—Let them share their thoughts and feelings.
- **Get help**—Connect them with a friend, family member or crisis hotline.

24-HOUR CONFIDENTIAL HOTLINES:

For the English Hotline:
410-820-5600 or 800-310-7273

Para Español llame o envíe un mensaje de texto al: 410-829-6143



Main Office: 300 Talbot St., **Easton**, MD
114 Market St. #205–207, **Denton**, MD
516 Washington St., **Chestertown**, MD
208 Cedar St., **Cambridge**, MD
206 Del Rhodes St. #203, **Queenstown**, MD

410-822-1018

forallseasonsinc.org

For All Seasons employs Psychiatrists (MD), Nurse Practitioners (NP), Psychiatric Nurses (RN-P), Trauma-Certified Licensed Social Workers, Counselors and Rape Crisis Advocates.

For All Seasons, Inc. is a 501(c)3 nonprofit organization. All contributions are tax deductible to the full extent of the law.

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