

*"I wish others
understood how I feel..."*

In a **CRISIS?** *Chat with Us!*

We are here to
provide you with
FREE online
emotional support.

Service available to individuals in the Trillium Health Resources Area



ACCESSING IFS CRISIS CHAT

Step 1: Click the "Chat with us" icon
at the top of any of the pages
on our website.

Step 2: Complete and submit the
brief pre-chat questions.

www.integratedfamilyservices.net

**24 hours a day
7 days a week
365 days a year**

**Click icon —
Chat with us!**

You are not alone.

At IFS Crisis Chat you can chat with a caring person. Whether you feel alone, don't know where to turn, or have a problem that is difficult to talk about, visit: www.integratedfamilyservices.net and Chat with Us! We are confidential and we don't judge.

You can chat about:

- Relationships
- Self Image
- Bullying
- Thoughts of Suicide
- Family Problems
- Whatever you need

We are here to help you.

Reach out. Get help.

We are here to listen.

