# Mental Health

**No matter what you're experiencing, there is hope and help.**

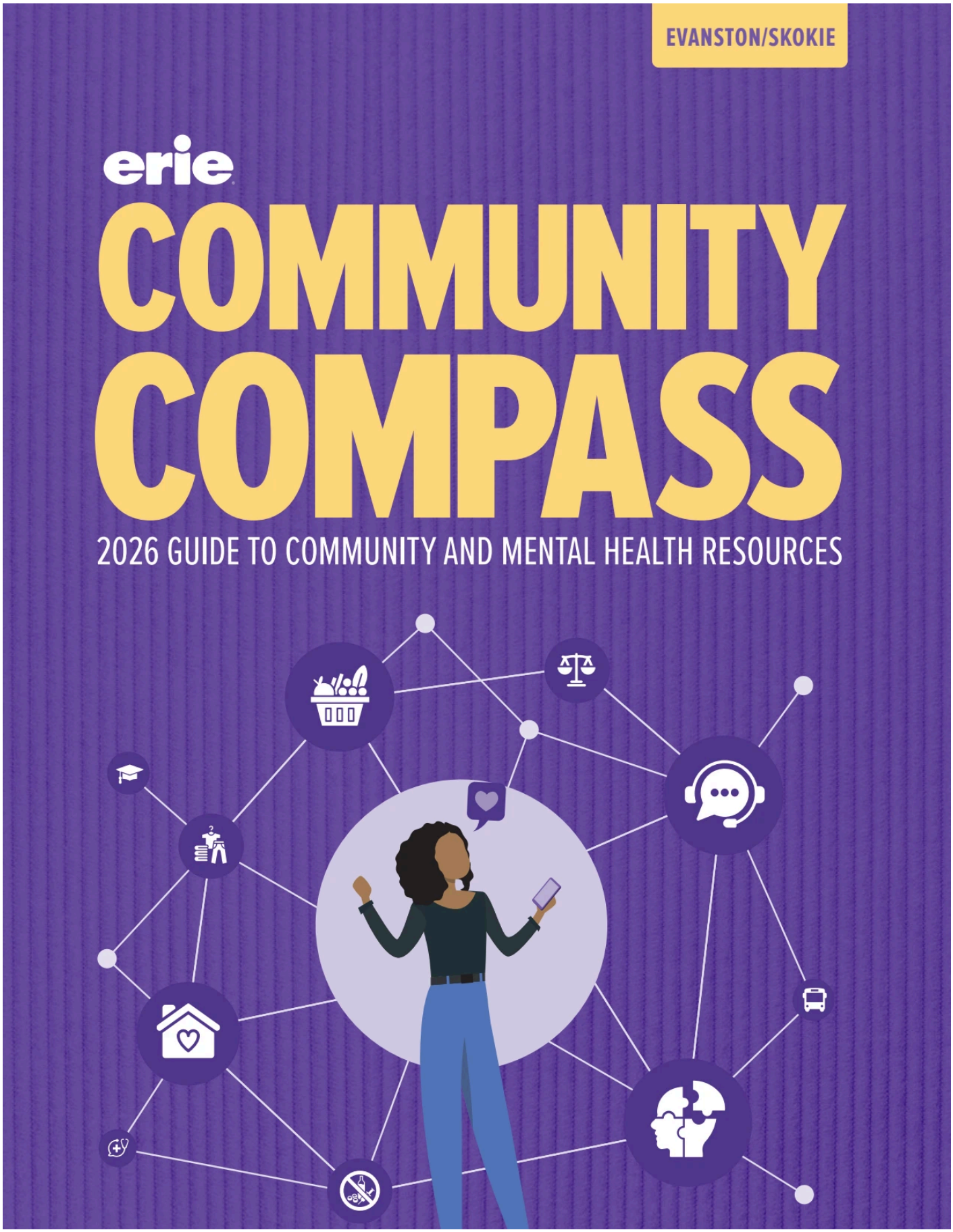
If you have a concern about your child's mental health, please contact your child's teacher, School Social Worker, Counselor, or FACE Liaison (if applicable).

If you have a life-threatening emergency, please call 9-1-1 or the **Suicide and Crisis Lifeline (https://988lifeline.org/)** at 9-8-8.

## 2026 Guide to Community and Mental Health Resources

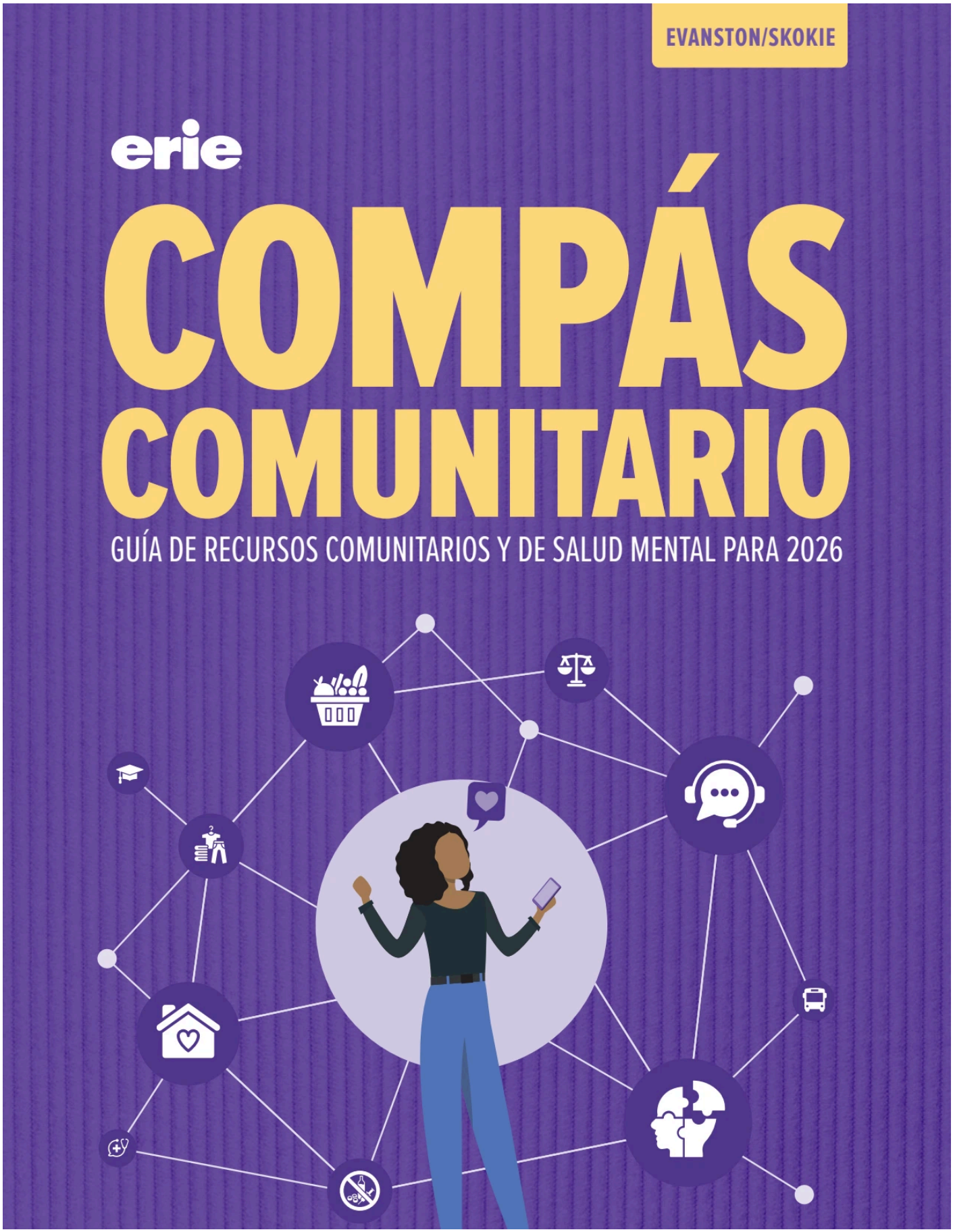
*Produced by Erie Family Health Centers*

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