



**COMMUNITY ASSISTANCE RESOURCES EMOTIONAL SUPPORT**

**CALL US, WE ARE HERE TO LISTEN!**

**Free, confidential, non crisis peer support**

**Available 24/7**

**1-833-495-1869**

Are you experiencing  
loneliness, mental health / substance use challenges?  
Do you need support and community resources?

**Call us we can help!**

# CALL US



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**Community Assistance Resources Emotional Support**