

YOU MATTER AND THERE IS HELP.

**It's okay to ask for help.
You are never alone.
Talking saves lives.
Reach out — support is just
a call or text away.**

988 Suicide & Crisis Lifeline
(24/7, free, confidential)

**Crisis Text Line: text HOME to
741741**

CWA MEMBERS ASSISTANCE PROGRAM

For confidential support and guidance,

- Anthony Luciano 646-662-9846
- James Murphy 203-300-6994



END THE SILENCE, STRENGTH IN SOLIDARITY.