

For more than 40 years, the Memphis Crisis Center has been the voice of hope for thousands of people just like you. People who've lost their jobs, lost their family. People facing sudden, overwhelming change.

People who deserve the chance to feel better.

At the Memphis Crisis Center, we give you that chance. By listening. By caring. And by lifting, if only for a moment, a bit of the burden that rests on your shoulders.

Call.

CRISIS-7
901-274-7477

FREE. CONFIDENTIAL. SAFE.

THERE'S MORE TO LIFE THAN JUST THIS MOMENT. LET US HELP YOU FIND IT.

That's why we're here, day or night, during the holidays, every day. We listen with compassion and help you explore your options. We can be your point of entry to resources to help relieve the worst of the stress and pain, and ultimately, empower you with a long-term solution.

Signs of a deepening depression include:

- Change in eating or sleeping habits
- Indifference, giving away possessions
- Withdrawal from family, friends, happy pursuits
- Apathy or increase in anxiety
- Feelings of guilt, worthlessness and/or helplessness
- Feelings of hopelessness and/or pessimism
- Persistent sadness, anxious or "empty" feelings
- Suicidal thoughts

If you or someone you know exhibits these symptoms, call for help. The Memphis Crisis Center will answer.



The Memphis Crisis Center is a nonprofit organization that relies on volunteer support to staff our lifelines and community dollars to maintain them. Please help, whichever way. Our lifeline begins with you.

Online donations at www.MemphisCrisisCenter.org are secure and easy. Or simply mail your check to the Memphis Crisis Center, P.O. Box 40068, Memphis, TN 38174. Interested in volunteering? Contact us at volunteers@crisis7.org or 901-649-8572.



A Lifeline to Hope.

901-CRISIS-7 or 1-800-273-TALK
(for deaf and hearing-impaired callers: 711)

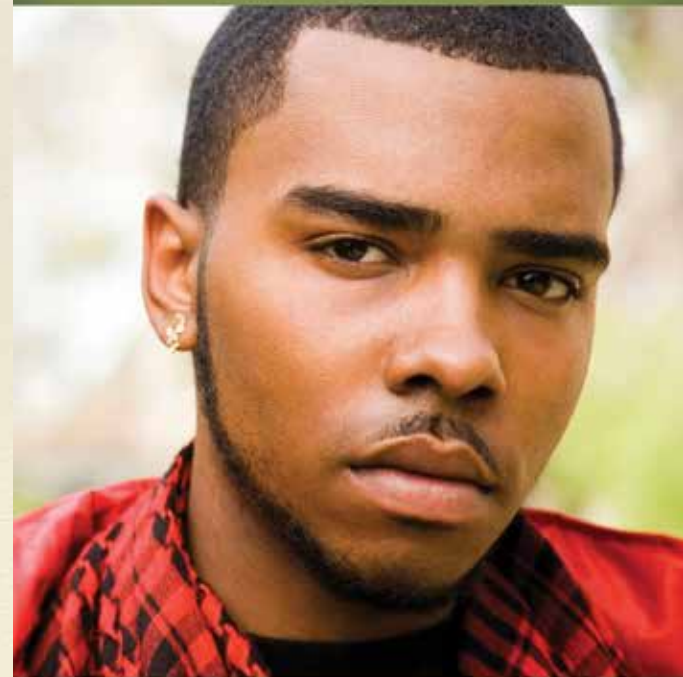
www.MemphisCrisisCenter.org



YOUR LIFE

is worth a

PHONE CALL



A Lifeline to Hope.

FREE. CONFIDENTIAL. SAFE.

- CALL** When everything goes wrong.
- CALL** When you've lost faith in yourself.
- CALL** When you're overwhelmed. Embarrassed. Ashamed.
- CALL** When you're alone. Uncertain. Afraid.
- CALL** When there's nowhere else to turn.
- CALL** When you don't have the strength to fight one more day.
- CALL** When anything—anything—seems better than how you feel right now.

Call.

CRISIS-7
901-274-7477

FREE. CONFIDENTIAL. SAFE.

FOUNDED BY FRIENDS. FUELED BY HOPE.

Founded in 1970, the Memphis Crisis Center has grown from the vision of a few caring doctors to a full-service, 24/7 lifeline. Supported in part by the United Way of the Mid-South and the University of Tennessee Health Science Center, we are committed to engaging the community in its own support network through volunteer recruitment, training and participation. For those who feel the calling to help others, we invite you to join our team. Volunteer training is held throughout the year and information is available online at www.MemphisCrisisCenter.org or by calling 901-649-8572.

WE DON'T JUDGE. WE LISTEN.

The 24-hour lifeline is the first place to turn when things seem out of control. It's just you and a trained volunteer at the other end of the line—confidential, personal and connected. It's someone to listen compassionately without judging. To help you talk through what's hurting you. To help you find a solution. And to remind you, "It's going to be OK, you can make it."



CALL4KIDS

Keeping our children safe.

Call4Kids: 901-274-7477

When you know—or even suspect—a child's safety is at risk. Whether the issue is abuse, neglect, bullying, homelessness or self-harm. Call now. If you wait, it's too late.



Elder Lifeline: 901-274-7477

Are you a senior who feels unsafe? A neighbor that suspects elder abuse or neglect? A caregiver needing support? If you don't know where to turn, the Elder Lifeline can help.



HIV Care Hotline:

1-877-HIV-KNOW (1-877-448-5669)

Need information about living with HIV/AIDS? Testing and treatment resources? Social support? We are your access point into the Ryan White system of care.



National Suicide Prevention Lifeline:

1-800-SUICIDE or 1-800-273-TALK

The Memphis Crisis Center is your local affiliate. When you think you have reached the end and feel like giving up, you are worth the call.

NO PROBLEM IS TOO LITTLE OR INSIGNIFICANT. THERE ARE MANY REASONS TO CALL.

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|--------------------------|---------------------|
| Suicidal thoughts | Gambling |
| Alcohol or drug abuse | Pregnancy |
| Sexual assault | Feeling hopeless |
| Isolation and loneliness | Feeling helpless |
| Child abuse | Homelessness |
| Domestic violence | Fear or anxiety |
| Depression | Unemployment |
| Stress | Elder abuse |
| Trauma | Emotional pain |
| Relationship issues | Stalking |
| Bullying | GLBTQ concerns |
| Grief | HIV/STD concerns |
| Financial problems | Accessing resources |

