* **IF YOU ARE IN CRISIS**

**NEED TO TALK TO SOMEONE IMMEDIATELY CALL**

[**The National Suicide Prevention Lifeline**](http://www.suicidepreventionlifeline.org/) **Available 24 hours every day Call**

* **1-800-273-8255**
* **Or you can text**
* [**Crisis Text Line**](http://www.crisistextline.org/) **at 741741**
* **Chaplain Capt. Steven Mendoza**
* **(831) 247-3893**
* **Email:**
* **steven.mendoza1@gmail.com**