



INKBLOT CRISIS SUPPORT



Inkblot Crisis Support is offered in both **English** and **French** and available **24/7/365.**

All calls are answered **live** by **Master-level clinicians.**

Reasons to reach out to Inkblot Crisis Support:

- ✓ You are having thoughts of suicide
- ✓ You are feeling distressed and need immediate assistance
- ✓ You are feeling increasingly helpless
- ✓ You are worried about your safety or the safety of a loved one and don't know what to do

If you are at risk of imminent danger, please call 911 immediately.

FOR IMMEDIATE CONSULTATION CALL 1-855-933-0103 (TOLL-FREE, 24/7/365)

Inkblot services are provided through your Employee and Family Assistance Program as part of your ASEBP benefits.