



**TRYING  
TO  
CHANGE  
THE WAY  
YOU FEEL?**

**If you or someone you know is struggling  
with addiction, we are here to help.  
Call or text today.**

If you are having an emergency call 911

**FREE AND CONFIDENTIAL**  
**530-388-0359**

National Suicide Hotline: 1-800-273-8255



[granitewellness.org](http://granitewellness.org)