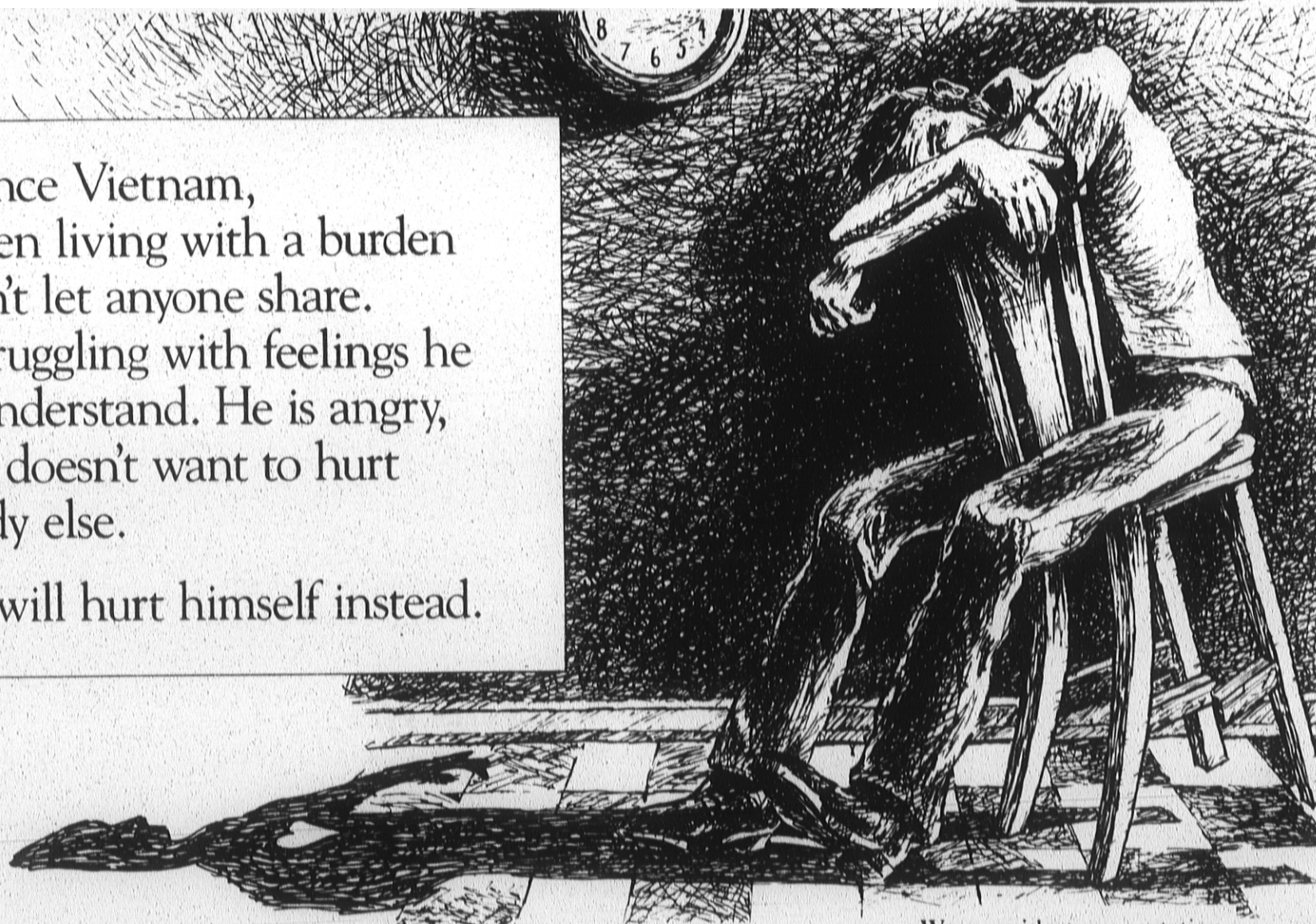


Cross-Lites says:

These words were spoken from Jesus, "Out of the mouths of babes and children thou has perfected praise."

Ever since Vietnam,
he's been living with a burden
he won't let anyone share.
He's struggling with feelings he
can't understand. He is angry,
but he doesn't want to hurt
anybody else.
So he will hurt himself instead.



Depression can be a deadly disease. But often those who need help the most are the last to seek it. Instead, they cut themselves off from the life support that friends and family can provide.

If you have come to recognize this problem in yourself, or are concerned about someone you love, there is an important first step you can take.

You can call the Psychiatric Emergency Team at Charter North Hospital. Any time of the day or night. Any day of the week. The call-in service is free.

When you call, you'll connect with a group of mental health experts, specially trained to give you professional help in times of emotional crises.

They will assess a patient's condition, and recommend action and facilities. They'll help you to cope with the situation yourself, so that you can deal with it effectively. They'll help you decide what to do next.

If an emotional crisis strikes you or someone you know, call us. It's free. And it could make a lifetime of difference to someone you love.

We provide transportation
800-478-7575



P.O. Box 143929
Anch. 99514-3929

**CHARTER
NORTH HOSPITAL**

Call for help 338-7575.