



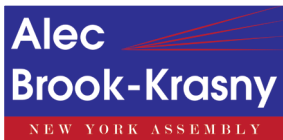
EVERYONE faces difficulties at some point in their life. In today's world, violence can feel too close to home, the opioid and fentanyl epidemic continues to destroy families across our nation, and our children are forced to grow up faster than ever before in order to deal with the complexities of social media, bullying, and the modern world. Our veterans and volunteers can struggle to leave things they have witnessed behind when their service is over. Between the pandemic and inflation, so many are struggling financially. Too many people are isolated. It doesn't have to be this hard.



New York State Assembly • Albany, NY 12248

PRSRT STD.
US Postage
PAID
Albany, NY
Permit No. 75

**YOU ARE
not alone.
HELP IS AVAILABLE.**



ASSEMBLYMAN ALEC BROOK-KRASNY is a father, husband, and longtime resident of Southern Brooklyn. He understands how sweet life can be, but how difficult it can be at times, too. He knows we all need someone in our corner. He is our voice in the State Assembly, and **HE'S HERE TO HELP.**





Assemblyman Alec Brook-Krasny is here to help.

Alec wants to make sure you, or someone you know who may need assistance, knows resources are available for you – right now.

If you would like to speak with someone today, please call or text the **988 National Suicide & Crisis Lifeline** by simply dialing: **9-8-8**, or you can go to their website by scanning the QR CODE here with your phone.

The **988 Lifeline** not only offers immediate 24/7 confidential and free help in times of crisis, but they also offer specialized assistance for **veterans, substance use treatment, and other information.**



Other resources available to you and your family:



For tips on how to talk to someone you care about who may be in distress, please scan here.



Find advice on coping with cyberbullying and social media here.



Download a resource guide of stress tips for students here.



For an informational guide on how to talk to your family about substance abuse, please scan here.



Veterans' resources:



Veterans can now book appointments to learn more about new state resources tailored to meet their individual needs. Call 1-888-838-7697 or **scan here** to find an office closest to you.



For a copy of Alec's Important Phone Numbers Guide or help on any state issue, please contact Assemblyman Alec Brook-Krasny's office:
2002 Mermaid Ave., Brooklyn, NY 11224 ✪ brook-krasny@nyassembly.gov
1-718-266-0267

