

# SUICIDE HELP LINES

## Group donates \$1k to Alzheimers, swears in officers

National Active & Retired Federal Employees celebrated the holidays with a Christmas luncheon and swearing in of officers for 2024. Also, Chapter 1396 donated \$1000 to the Alzheimer's Fund collected for the year of 2023.



From left, Rose Landry, LA Federation Alzheimer's Coordinator; Elroy Noel, President Chapter 1396; Marilyn Linker, Treasurer. Presentation of the \$1000 check by Marilyn Linker to Rose Landry for the Alzheimer's Fund.

## Feeling Depressed or Suicidal?



St. Tammany Parish is focusing more attention on helping those who face mental health issues such as anxiety, depression or suicidal thoughts.

There is help for you by **CALLING** or **TEXTING** any of the following resources:

**National Suicide Hotline:**  
800-273-8255

**St. Tammany Help Line**  
Dial 211 or 988

**National Text Line**

(You talk with someone via text only)

Text "Home" to 741-741