

From the Deacon's Bench

Sisters and Brothers of St. John the Evangelist Parish,

What do you do, when you are in need of crisis assistance? Let me share some information with you and a new application to have on your phone which you can get installed by going to:

<https://apps.apple.com/us/app/monroe-mental-health/id6450313091>Peace

The Monroe Mental Health App provides essential mental and behavioral health information to Monroe County, New York residents. The app features acute and outpatient resources, suicide prevention services, and Narcan information and training.

You can also create your own safety plan with actionable steps for harm reduction. Remember to call or text the 988 Suicide & Crisis Lifeline to get 24/7, free and confidential support. In case of an emergency, call 9-1-1.



Peace and Blessings,

Deacon Lon