

surest.

Mental health support for you and your family

Call the number on the back of your Surest member ID card and ask to speak with a behavioral health clinical advocate.

CALL OR TEXT
ANYTIME

988

Suicide & Crisis Lifeline

WHEN TO USE: If you or your loved one is having suicidal thoughts or experiencing any kind of emotional distress.

CALL ANYTIME

911

Emergency Services

WHEN TO USE: If there is an immediate, life-threatening emergency. Be sure to inform them this is because of a mental health crisis.