



Mental Awareness Month

Break the Stigma



TWU Local 556

Snap & Save for a Tough Day: It's OK to Not Be OK

You may not need this today.
But you'll be glad you have it when you, or a friend, do.

Support Resources for Flight Attendants

Critical Incident Stress Management (CISM)

Phone: (214) 640-4380

Email: CISM@twu556.org

National Alliance on Mental Illness (NAMI)

Web: nami.org

Professional Standards

Phone: (214) 640-4380

National Domestic Violence Resource

Phone: 800-799-7233

Rape and Incest National Network (RAINN)

Phone: 800-656-4673

Web: rainn.org

Crisis Text Line

Text: 988

Flight Attendant Drug & Alcohol Program (FADAP)

Phone: (214) 640-4307

Email: fadap@twu556.org

American Foundation for Suicide Prevention

Web: afsp.org

Substance Abuse and Mental Health Services (SAMHSA)

Phone: 800-662-HELP (4357)

National Suicide Prevention Hotline

Text: 988

Web: suicidepreventionlifeline.org

Clear Skies

Phone: 800-742-8911

- ✓ Confidential
- ✓ Peer-to-peer support
- ✓ Here for you or a colleague

CISM is a joint committee between TWU Local 556 and Southwest Airlines.