Check Both Ends wallet cards · Print double-sided or cut and fold along the center. Fronts on the left, backs on the right.

CHECK BOTH ENDS.

AT 45, CHECK YOUR COLON AND YOUR HEAD

Down there: get screened. Up here: talk to someone.

988 Lifeline
Call or text 988 · 24/7

SAMHSA Helpline
1-800-662-4357

NAMI HelpLine
1-800-950-6264

Colorectal Cancer Alliance
(877) 422-2030

Ask your doctor: "While we're checking one end, can we check the other?"

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