



OUR VISION AND MISSION STATEMENT

We envision a future where mental wellness is prioritized and accessible throughout East Texas, fostering a resilient and supportive community.

Our mission is to empower individuals struggling with depression and suicidal thoughts by providing a safe haven, fostering hope and promoting mental well-being through compassionate support, education, and community collaboration.

follow us



Have you or someone you care about experienced the challenges of mental health issues or the devastating impact of suicide? Your support could make a profound difference. Please consider donating to help save lives and bring hope to those in need.



EMAIL: INFO@NACSAFEPLACE.LIFE

**CALL OR TEXT
ANYTIME
936.285.8282**

**1023 N. MOUND-ST. FRONT
NACOGDOCHES, TX 75961**

IT'S OK TO NOT BE OK.

**#NacSafePlace #EastTexasStrong
#MentalHealthMatters #ItsOkToNotBeOk**

**SUICIDE HOTLINE: DIAL 988
EMERGENCY: DIAL 911**



IT'S OK TO NOT BE OK.



**If you're struggling,
need someone to talk to,
or just want a safe,
welcoming space — we're here.**

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ANYTIME
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**OPEN MONDAY-FRIDAY
6:00 PM - 9:00 PM**

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IT'S OK TO NOT BE OK.

Safe PLACE

**WE'RE HERE FOR YOU,
EAST TEXAS!**

No judgment.

No pressure.

*Just care, conversation,
and compassion.*



Here When You Need Us.

Nac Safe Place is a 501c3 non-profit organization. Our organization addresses the critical need for accessible mental health resources in rural East Texas. Our organization was born from a community outcry in response to rising suicide rates and a lack of readily available support. We are out to empower individuals struggling with depression and suicidal thoughts, offering a safe haven and fostering hope.

We stand apart by prioritizing human connection over clinical protocols. Our facility provides:

- A safe environment
- Judge free zone
- A place to be you
- A place where you aren't alone

**WEEKLY SUPPORT GROUP
MEETINGS ON VARIOUS TOPICS.**

It Really is OK to NOT be OK.

No one wants to stay that way, and it can get better with help. Nac Safe Place has been established to do just that. Bring the community together for awareness and support. **YOU ARE NOT ALONE!**

Love and hope are here for you in the wonderful volunteers who have made this possible.

Suicide prevention happens when people and communities come together. When we know what to look for, pay attention to those around us and act when we see something, we will reduce the number of deaths by suicide.

