

2024

# Health and Wellness Guide

of Lincoln County & Mescalero

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# LCCHC

Lincoln County Community Health Council



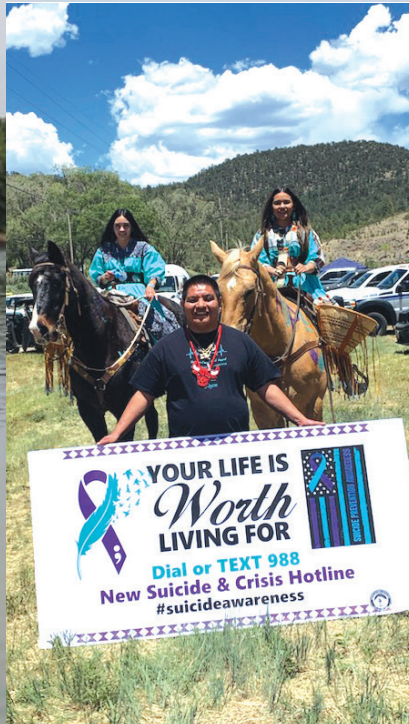
## 28-29

### The risks of Vaping



## 14

### Village Emergency Assistance Registry



**YOUR LIFE IS Worth LIVING FOR**  
Dial or TEXT 988  
New Suicide & Crisis Hotline  
#suicideawareness



## 34-35

### The Gift of Civic Responsibility



## 24

### Stamp Out Mental Health Stigma

## 30-31

### Should I Use Hearing Protection?



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