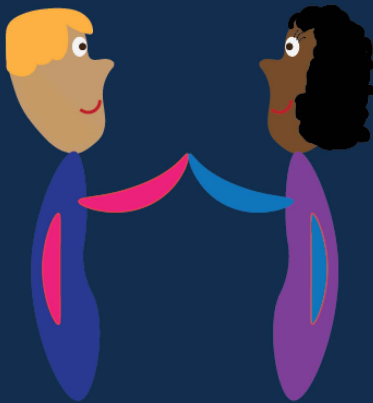


988

Suicide & Crisis Lifeline

Support



Everyone deserves to be supported. Find someone you trust and have the courage to ask for help.

Hope



Have a little hope! When you're down it's hard to remember your strengths. You can still ask for help. Call or text 988 to find a path forward.

Safety



It is our mission to make sure you feel, and stay safe. 988 is a safe space to ask for help when you don't have someone you trust.

Encouragement

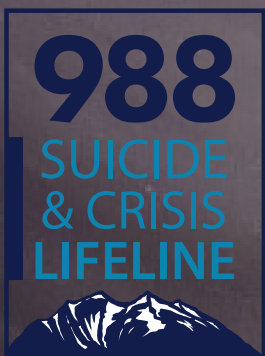


If a friend is struggling with mental health, encourage them to reach out to 988. Remind them that their life is important.



Cammryn,
age 17 (Wasilla)

CALL OR
TEXT **988**



Madison,
age 17 (JBER)

Madison Boy

MENTAL

HEALTH

Text
or
Call
988

DOESN'T

Pick and
Choose

EVERYONE
CAN GET

SUPPORT

@988

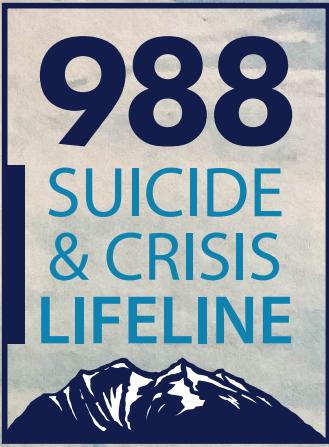


988

SUICIDE
& CRISIS
LIFELINE



Starlin, age 15
(Houston)



Sunna, age 12 (Juneau)



**SUPPORT IS
A CALL OR
TEXT AWAY**

