

A photograph of two brown bears in a snowy, outdoor setting. One bear is standing on the left, leaning towards the right, while the other bear is lying down on the right, leaning towards the left. They are touching their snouts in a kiss-like gesture. The background is a bright, snowy landscape.

you're cared

about 😊

988

SUICIDE
& CRISIS
LIFELINE



Want to help?

- Ask if someone's considering suicide or feels hopeless
- Tell them you care
- Refer them to 988 or other help

Not sure if you should be concerned, or how to reach out? 988 can help you.

Two puffins are perched on a rocky shore. The puffin on the left is facing right, holding a small, clear object in its beak. The puffin on the right is facing left. The background shows a grey rock and some green vegetation. A white smiley face emoji is overlaid on the right side of the image.

here
for you 😊

988

SUICIDE
& CRISIS
LIFELINE



**This card is to let you know
someone cares about you.**

Need to talk? Don't want to bug
anyone?

Call 988.



Your story isn't
finished yet.

988

**SUICIDE
& CRISIS
LIFELINE**



Is someone you know or are you...

Hurting? Feeling hopeless?

988 can help. Please call or text.

Statewide • Confidential • Free