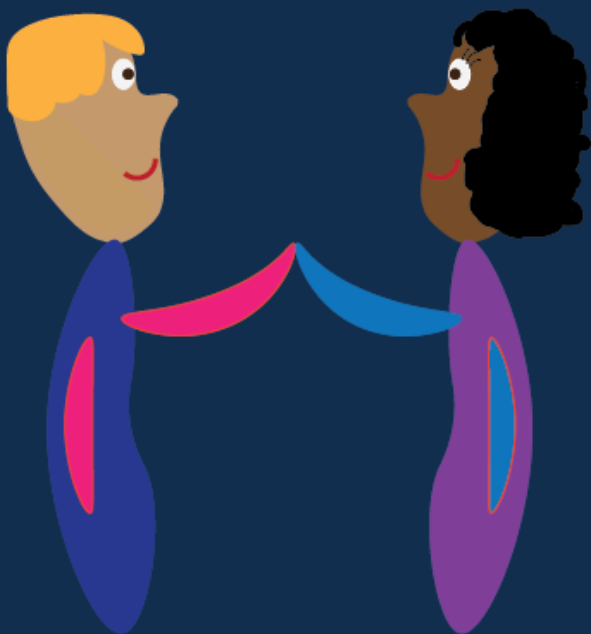


# 988

# 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.

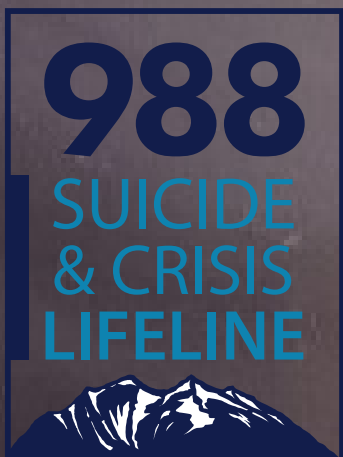
## Encouragement



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



CALL OR  
TEXT **988**



Madison

# MENTAL

# HEALTH

Text  
or  
Call  
988

## DOESN'T

## PICK AND CHOOSE

## EVERYONE CAN GET

## SUPPORT

## @9888



# 9888

SUICIDE  
& CRISIS  
LIFELINE



# 988

SUICIDE  
& CRISIS  
LIFELINE



**SUPPORT IS  
A CALL OR  
TEXT AWAY**

