

988 SUICIDE & CRISIS
LIFELINE

LEAVING MY PERSONAL
LIFE AT THE DOOR
ISN'T AN ASK;

it's an opportunity.



988 SUICIDE & CRISIS LIFELINE

WHEN LIFE GETS TOUGH, IT CAN FEEL OVERWHELMING. PEOPLE CALL, TEXT, AND CHAT THE 988 LIFELINE TO TALK ABOUT A LOT OF THINGS, INCLUDING:

- THOUGHTS OF SUICIDE
- DRINKING TOO MUCH
- ANXIETY
- SEXUAL ORIENTATION
- DRUG USE
- FEELING DEPRESSED
- MENTAL AND PHYSICAL ILLNESS
- LONELINESS
- TRAUMA
- RELATIONSHIPS
- ECONOMIC WORRIES, AND MORE

WHATEVER YOUR REASON FOR WANTING SUPPORT, THE 988 LIFELINE IS THERE TO HELP. CALL OR TEXT 988 OR CHAT 988LIFELINE.ORG #YOUARENOTALONE

