






Find Hope Here

Life can be tough.
Call 988 for
emergency
emotional support.



Call 988 for emergency help with suicidal thoughts, anxiety, depression, trauma, alcohol, drug use, or other mental health concerns.

-  Available 24 hours a day
-  Free and confidential
-  Calls are answered immediately
-  Staffed by mental health specialists
-  Safe and supportive care



Call 988 or visit [988helpline.org](https://www.988helpline.org)

 **CALL**
988
We're here to help