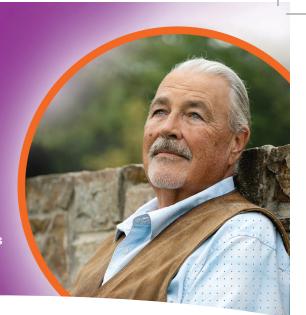
## Find. Hope. Here.

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.

- (24) 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

