






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)

