






# Find. Hope. Here.

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



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

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