

FIND



HOPE



**Text or call 988 for emotional support
with whatever you're dealing with.**

HERE



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



Available 24/7



Free and confidential



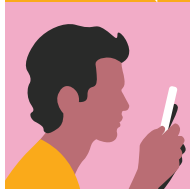
Staffed by mental health specialists



Texts/calls are answered immediately



Safe and supportive care



For more info, visit **988helpline.org**.