



# FEELING OVERWHELMED? ANXIOUS? LONELY? YOU DON'T HAVE TO FACE IT BY YOURSELF.

Everyone has tough days. Whether you're stressed about **school, friendships, family, mental health, or substance use**, the **988 Suicide & Crisis Lifeline** is here for you - **anytime, anywhere.**

## WHAT HAPPENS WHEN YOU REACH OUT TO 988?

- You can **text, call, or chat** to connect with a **988 counselor 24/7.**
- You'll connect with a **real person who cares.** A skilled, 988 counselor will **listen without judgment** and help guide the conversation even if you don't know where to start.
- You **don't have to give your name** or share anything you're not ready to.
- You can get help for **yourself, a friend, or loved one.**

Big or small, **your feelings matter.** You don't have to be in crisis to reach out to the 988 Lifeline. **Sometimes, just having someone there makes all the difference.**

**Care out loud.**



**Compassionate Help. Anytime. Anywhere.**  
Text or call 988 or chat at **988lifeline.org.**

**988** | SUICIDE & CRISIS  
LIFELINE