



Sobriety Feeling Shaky?

That's a reason.

Faith-based communities have long been sources of hope, healing, and belonging. On 988 Day, we join together to remind one another that reaching out for support is a sign of strength.

This #988Day, join faith leaders across the country in showing that our congregations are safe places to seek help.

- Talk openly about the reasons you may be struggling
- Offer yourself as a shoulder of support
- Share information about the 988 Suicide & Crisis Lifeline.

Because faith reminds us: No one should suffer alone.

If you or someone you know is struggling with mental health challenges, emotional distress, problems with substance use, or loneliness, contact the 988 Lifeline for compassionate, judgment-free support.



Visit 988lifeline.org to learn more.



988 | SUICIDE & CRISIS
LIFELINE