

Feeling pressured to be someone you're not?

That's a reason.

Everyone has tough days. Whether you're stressed about **school, your social feed, relationships, 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 — and reasons for reaching out — 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.



 Text or  Call 988, or Chat 988lifeline.org 



988 | SUICIDE & CRISIS
LIFELINE

