



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**](https://988lifeline.org) 



988 | **SUICIDE & CRISIS
LIFELINE**