## 988 SUICIDE & CRISIS LIFELINE

## In crisis? Call or text 988

If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org

The 988 Suicide & Crisis Lifeline is now active across the United States.

- 24/7 access
- Free and confidential support for people in distress
- Prevention and crisis resources for you and your loved ones