**Facebook**

September 8 is #988Day; a reminder that showing up can take many forms.

- Save the number.

- Share a post.

- Start a conversation.

- Check in, even if they seem fine.

Your words, your presence, and your support can be a lifeline.

Find messages and graphics to share at [988DayToolkit.org.](http://988toolkit.org)

**Instagram**

Just one moment of connection can make all the difference.

On #988Day (9/8), show up for others — and for yourself.

Swipe through for ways to start.

Save the number: 988.

Start the conversation.

Check in.

Be a lifeline.

Find graphics and messages to share at [988DayToolkit.org.](http://988toolkit.org)

**X**

September 8 is #988Day

✅ Save the number: 988.

✅ Share a post.

✅ Start a conversation.

✅ Reach out, even if they seem fine.

Your voice could be a lifeline.

Post on 9/8 and find graphics to share at [988DayToolkit.org.](http://988toolkit.org)

**LinkedIn**

September 8 is #988Day: A reminder that support doesn’t have to be complicated to be powerful.

Whether it’s checking in with a colleague, sharing a post, or simply saving the number 988, small actions can make a big impact.

✅ Save the number: 988.

✅ Start the conversation.

✅ Reach out, even if they seem fine.

✅ Be the reason someone feels seen.

Let’s raise awareness together. Find messages and graphics to share at [988DayToolkit.org.](http://988toolkit.org)