**Facebook**

You don’t have to wait for things to get unbearable before reaching out.

988 is here; day or night, for the everyday struggles and the big moments.

From stress and anxiety to feeling alone, these real stories show what happens when you reach out.

Swipe through. Then remember: Compassionate help. Anytime. Anywhere.

📞 Call, 💬 text, or 💻 chat with 988 for free, 24/7 support.

**Instagram**

Real people. Real moments. Real support.

988 is here to listen; whether you’re feeling overwhelmed, anxious, alone, or just need to talk it out.

Swipe through these stories from people who reached out and found help, hope, and someone who cared.

**X**

Sometimes you just need to be heard. These real 988 stories show what reaching out can do.

Help is here 24/7: Compassionate help. Anytime. Anywhere. 📞 988.

**LinkedIn**

You don’t have to wait for a crisis to reach out.

From everyday stress to the moments that feel too heavy to carry alone, support is available.

📞 988 offers 24/7 support for anyone.

These real stories highlight the power of connection and timely support. One conversation can change everything.

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