**Facebook**

Struggling with your mental health, feeling overwhelmed, or just need someone to talk to? You’re not alone and you don’t have to go through it alone.

The 988 Suicide & Crisis Lifeline is here for you; anytime, anywhere.

📞 Call or text 988.  
Compassionate help. Anytime. Anywhere.

**Instagram**

988 is here for you 24/7, no matter what you’re facing.

Whether you’re feeling anxious, isolated, overwhelmed, or in crisis, a caring counselor is ready to listen and help you take the next step.

You’re not alone. You never were.  
Swipe to learn how 988 supports people every single day.

**X**

Feeling overwhelmed? Struggling with mental health, substance use, or just life? You're not alone.

Text or call, or chat 988.

Compassionate help. Anytime. Anywhere.

**LinkedIn**

Mental health support is just three numbers away.

Whether you're feeling anxious, overwhelmed, isolated, or in crisis; you're not alone, and you don’t have to navigate it alone.

📞 Call or text 988 anytime, from anywhere in the U.S.

🔗 Find shareable resources at[988DayToolkit.org.](http://988toolkit.org)