**Facebook**

Feeling overwhelmed? Anxious? Lonely?

You're not alone and you don’t have to face it by yourself.  
The 988 Suicide & Crisis Lifeline is here 24/7, with real people ready to listen without judgment and help you through anything; big or small.

Whether it’s for you, a friend, or a loved one, reaching out could be the first step toward feeling better.

📞 Call or text 988.  
 💬 Chat at [988lifeline.org](http://988lifeline.org)

**Instagram**

Some days feel heavier than others.  
Whether it’s school, relationships, anxiety, or something you can’t quite explain; 988 is here for you.

Text, call, or chat with a real person who listens without judgment. No pressure. No labels. Just support.

You don’t have to be in crisis to reach out.

📞 Text or call 988.  
 💬 Chat at [988lifeline.org](http://988lifeline.org).

**X**

Overwhelmed? Anxious? Just need someone to talk to?

988 is free, 24/7, for whatever you’re carrying. No judgment. Just support.

Text or call 988 or chat at [988lifeline.org](http://988lifeline.org).

**LinkedIn**

Some days feel heavier than others and that’s okay.

Whether you’re navigating stress at work, supporting a loved one, or carrying something you haven’t shared yet, it’s important to know: you’re not alone.

The 988 Suicide & Crisis Lifeline is available 24/7; connecting you with real people who listen without judgment and offer support.

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 💬 Chat at [988lifeline.org](https://988lifeline.org).