**Facebook**

Faith communities have always been places of hope, healing, and connection.  
This #988Day, we're standing together to remind our congregations: It's okay to not be okay and it's courageous to ask for help.

Join faith leaders nationwide in breaking the silence around mental health.  
 🕊️ Talk about it.  
 🙏 Pray for those in pain.  
 📞 Share the 988 Suicide & Crisis Lifeline.

Support is here, 24/7. Compassionate help.   
Anytime. Anywhere.

**Instagram**

Feeling overwhelmed? You’re not alone.

This #988Day, faith leaders across the country are uniting to say:  
 🕊️ Our congregations are safe spaces.  
 🕯️ Talking about mental health is a sign of strength.  
 💬 Help is always available; just text or call 988.

Swipe through, share with your community, and let’s stand together in support, prayer, and action.

**X**

This #988Day, we join faith communities nationwide to say:  
You are not alone.  
You are not broken.  
You are never beyond help.

📞 Just text or call 988 for 24/7 support.

**LinkedIn**

This #988Day, faith communities across the country are coming together to share a powerful message: You are not alone.

Places of worship have long been pillars of hope, healing, and human connection. Now, more than ever, faith leaders are opening their doors to speak openly about mental health.

📞 Help is available 24/7 through the 988 Suicide & Crisis Lifeline.

Join us in spreading compassion. Share this message and explore free resources at[988DayToolkit.org.](http://988toolkit.org)