



988 DAY

FEELING OVERWHELMED? ANXIOUS? IN DESPAIR?

Faith communities have long been sources of hope, healing, and belonging. On this 988 Day, we are called to remind one another that reaching out for help is a sign of courage.

THIS #988DAY, LET'S BREAK THE SILENCE TOGETHER.

- Talk openly about mental health.
- Pray for those in pain and offer yourself as a shoulder of support.
- Share information about the 988 Suicide & Crisis Lifeline, a life-saving resource.

Join faith leaders across the country in showing that our congregations are safe places to seek help and support.

Because faith reminds us: No one should suffer alone. Compassionate help is here—anytime, anywhere.

If you or someone you know is struggling with mental health challenges, emotional distress, problems with substance use, or loneliness, contact the 988 Lifeline for compassionate, judgment-free support.



Visit **988lifeline.org**
to learn more.

988 | SUICIDE & CRISIS
LIFELINE