***Facebook***

This September 8, we’re honoring 988 Day. It’s a moment to show up, speak up and support those who may be struggling.   
  
📞 Know the three numbers: 988.  
Compassionate help. Anytime. Anywhere.

Share this post to help spread the word.  
Visit [988DayToolkit.org](http://988toolkit.org) for resources to amplify #988Day

***Instagram***

You don’t have to talk about it to know it matters. On 9/8, we’re recognizing 988 Day—a reminder that support is always here. However you're feeling, overwhelmed, numb, or unsure, 988 is here 24/7—free and judgement-free.   
Compassionate help. Anytime. Anywhere.

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Visit [988DayToolkit.org](http://988toolkit.org) for resources to amplify #988Day

***X***

#988Day is a powerful moment to amplify life-saving resources and remind others: help is just 3 numbers away.

Compassionate help. Anytime. Anywhere.

Repost to help spread the word.  
Find graphics and messages to share at [988DayToolkit.org.](http://988toolkit.org)

***LinkedIn***

This September 8, we’re recognizing #988Day: A powerful reminder that support is always within reach.

Whether someone is feeling overwhelmed, disconnected, or unsure how to ask for help, the 988 Suicide & Crisis Lifeline offers 24/7, judgment-free support by phone or text.

Repost to help spread the word.  
Access free resources and shareable graphics at[988DayToolkit.org.](http://988toolkit.org)