***Facebook***

September 8 is #988Day. Take a moment to remind someone they’re not alone and share a message that could make a difference.

Find graphics and messages to share at[988DayToolkit.org.](http://988toolkit.org)

***Instagram***

A lot can change in a day. September 8 is #988Day: you never know who might need a reminder that help is always within reach.

Share a message that could make a difference. Find graphics and messages at[988DayToolkit.org.](http://988toolkit.org)

***X***

September 8 is #988Day. Mental health professionals and community leaders: your voice carries weight. Let’s use it to drive visibility, accessibility and hope.

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

***LinkedIn***

September 8 is #988Day: A reminder that none of us have to face mental health challenges alone.

Whether you're a leader, advocate, colleague, or friend, your words have power. A single message of support can make a real impact; for someone in your network, your workplace, or your community.

Find graphics and messages to share at[988DayToolkit.org.](http://988toolkit.org)