In crisis?

You are not alone.

Call or text 988

or chat at 988lifeline.org/chat

Free, 24/7, confidential support.



In crisis?



In crisis? Call or text 988

In crisis?

Call or text 988
In crisis?
Call or text 988
In crisis?

Call or text 988 In crisis? Call or text 988 In crisis? Call or text 988 Call or text 988 In crisis? Call or text 988 In crisis? Call or text 988 In crisis?

Call or text 988 In crisis? Call or text 988