

BE KIND TO YOURSELF





Feeling sad? With 988, there's always someone to talk to.

1. You feel like you don't fit in at school or with friends.
2. You're feeling anxious, stressed, or overwhelmed at home.
3. You're thinking bad thoughts about yourself or considering harming yourself.
4. You're just feeling sad and don't know why.

When you call 988, you'll talk to trained crisis specialists who've helped people feeling exactly like you do. They'll offer a listening ear. And a way forward.