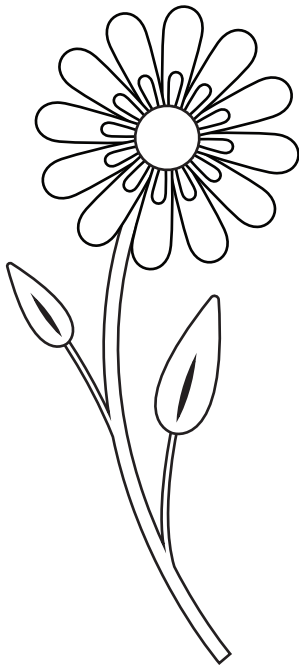




YOU CAN DO
HARD THINGS



WHAT IS 988?

It's a free 24-hour suicide & crisis lifeline.

- Talk to trained crisis specialists.
- Direct connection to compassionate & accessible care.
- For anyone experiencing a mental health or substance use crisis.
- Specialist has your best interest in mind.
- Available to anyone, anytime, anywhere in Indiana.

If you or someone you love is in crisis, call or text 988.

988indiana.org