



# How 988 Can Support You

Feeling overwhelmed? Worried about someone you care about? You're not alone.

Call, text, or chat **988** anytime — day or night. It's free, confidential, and always judgment-free.

Reach out if you:

- Feel stuck, hopeless, or alone
- Are thinking about suicide — even a little
- Want to help a friend who's struggling
- Just need someone to listen

**No problem is too big or too small. You deserve support — whenever you need it.**

Learn more or chat online at [988lifeline.org](https://988lifeline.org)

**TAKE ACTION**  
FOR MENTAL HEALTH

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**CalMHSa**  
California Mental Health Services Authority

