



**If you feel**  
*alone*  
*lost*  
*overwhelmed*

**We're here for you.**

**Free & confidential mental health support.**

The 988 Lifeline's trained counselors can provide free, confidential support through thoughts of suicide, mental health crises, substance use concerns or any kind of emotional distress.

If you or someone you love needs help, call, text or chat 988. Anywhere. Anytime.

**988**  
SUICIDE  
& CRISIS  
LIFELINE

WA988.org