

**When you
feel alone**

we're here to listen

988

SUICIDE & CRISIS
LIFELINE

text, chat, or call

wa988.org/youmatter

Reaching out for support can feel scary, but we are here to make sure you feel safe and cared for, no matter what you're going through. 988 is a number you can text, chat, or call 24/7/365 that connects you with a trained counselor, ready to listen – even if you're not sure how to put what you're going through into words.



Free - Confidential
Available 24/7/365

988 can help you with:

- Depression and anxiety
- Thoughts of suicide or self-harm
- Feeling isolated, lonely, or like no one cares
- Trauma or abuse
- Feeling unsafe at home
- School stress
- Bullying
- Tough breakups or friendship drama
- Concerns about friends and loved ones who need support
- Mental health concerns, or just feeling "off"
- Struggles with drinking, vaping or other substances
- Anything at all that is making you feel alone or overwhelmed

988 welcomes anyone in need and can provide specialized support that suits your age, background, identity or life experience.