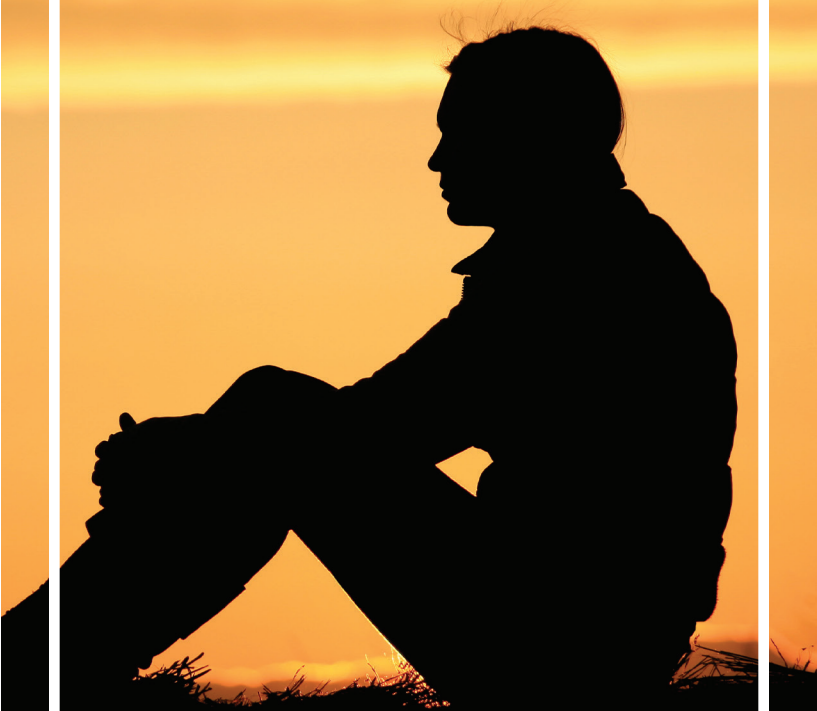


WHEN

"I'll figure
it out"

ISN'T WORKING



988
LIFELINE

CALL
TEXT
CHAT

WA988.org/RightNow



988

FREE, CONFIDENTIAL SUPPORT



**If you feel stuck, you don't
have to stay there.**

Even in communities where people look out for each other, it can be hard to know where to turn when you feel overwhelmed.

**Call, text, or chat 988 to speak
with a trained professional.**

No judgment. No need to provide personal information. You decide what to share to get the support you need.

Contact 988 any time, day or night,
365 days a year.

More info at
WA988.org/RightNow

