

**WHEN**

*"I'll figure  
it out"*

**ISN'T WORKING**



**988**  
LIFELINE

CALL  
TEXT  
CHAT

[WA988.org/RightNow](https://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](https://WA988.org/RightNow)

