

WHEN

"I'll figure it out"

ISN'T WORKING



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

Call 988 for free, confidential, one-on-one support. Any time, day or night.

Llama al 988 y presiona 2 para obtener apoyo en español de forma gratuita y confidencial. A cualquier hora, día o noche.

988
LIFELINE

CALL
TEXT
CHAT

WA988.org/RightNow

