

24/7, FREE  
SUPPORT



# HELP IS HERE FOR YOU.

ARE YOU OR SOMEONE YOU  
KNOW EXPERIENCING A MENTAL  
HEALTH CRISIS? CALL 988 NOW.



**988** SUICIDE & CRISIS  
**LIFELINE**

CALL, TEXT, OR CHAT

**988VA.ORG**

# DBHDS

Virginia Department of Behavioral Health  
and Developmental Services

