

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



**RIGHT HELP.
RIGHT NOW.**

