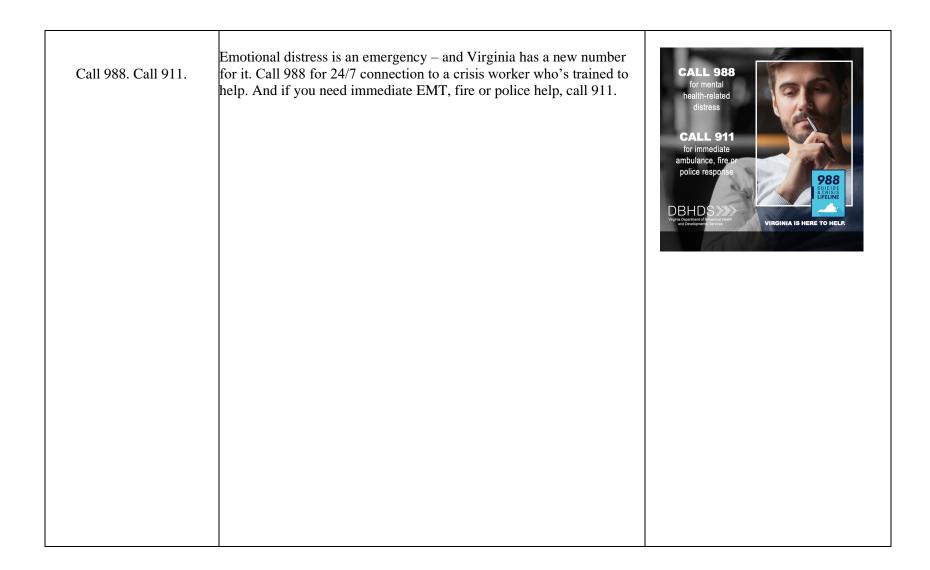
## Virginia Department of Behavioral Health & Developmental Services 988 Social – Post Copy

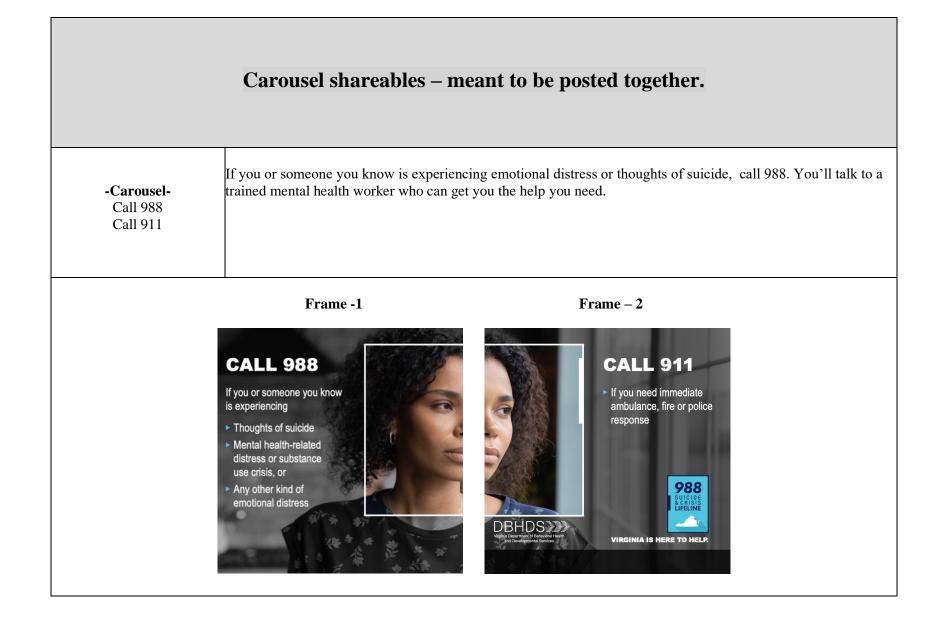
**Overview:** To provide guidance and best practices for using DBHDS 988 social posts.

Use the recommended post copy with the Facebook, Twitter, Instagram, or LinkedIn post.

Post no more than one shareable per week to keep the audience engaged in the story, without saturating their feed.

Name	Recommended Post Copy	Shareable
Emotional distress is an emergency.	If you or someone you know are experiencing mental health-related distress or thoughts of suicide, get help immediately. Call 988 to speak with a crisis worker who's trained to help you through it.	<text></text>
The 988 411.	Virginia now has a new, dedicated number to call for help with mental health-related distress or thoughts of suicide. Call, text, or chat with 988 to speak with a crisis worker who's trained to help you through emotional distress.	<section-header><text><text><text><text><text></text></text></text></text></text></section-header>





<b>-Carousel-</b> Virginia 988 FAQs -	Know the facts about Virginia 988. That way, you'll be prepared if you or someone you know experience mental health-related distress.
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