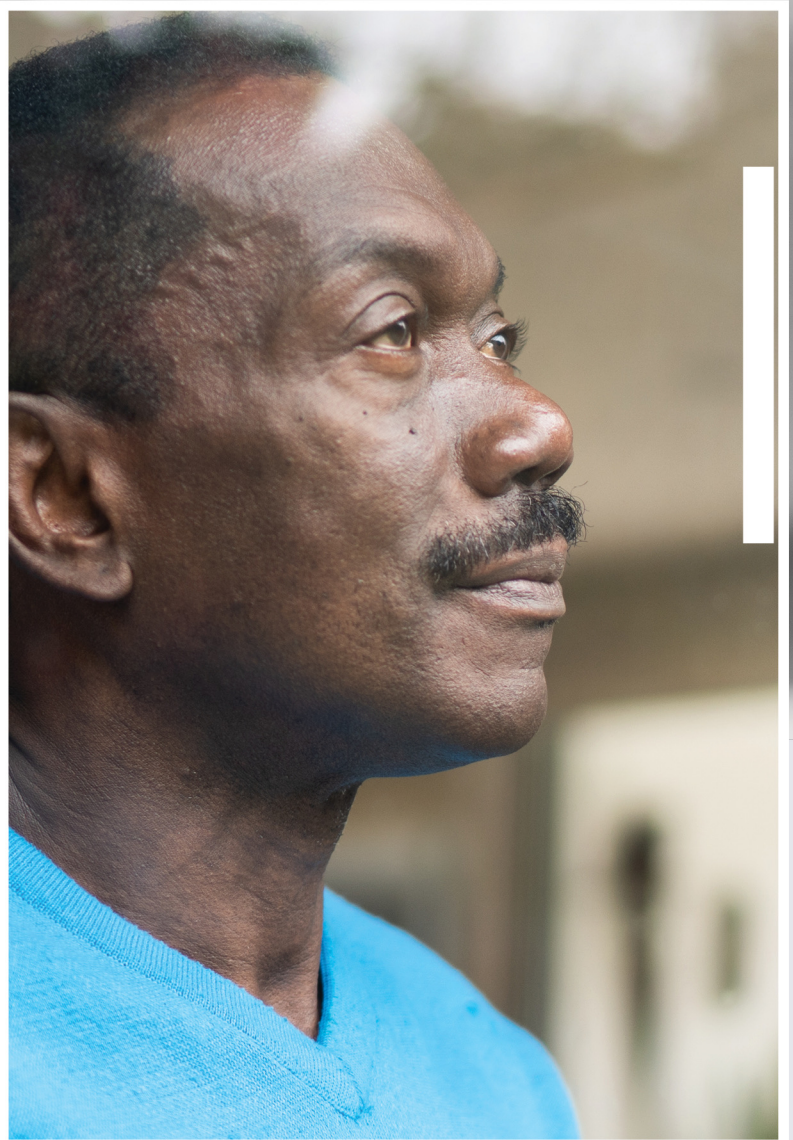


VIRGINIA IS HERE TO HELP.



## 3 WAYS TO HELP SPREAD THE WORD

1. DOWNLOAD PRESENTATION TEMPLATES, FLYER TEMPLATES, SOCIAL MEDIA SHAREABLES, RADIO SCRIPTS, AND MORE AT 988VA.ORG.
2. FOLLOW DBHDS, 988 LIFELINE, SAMHSA, AND VIBRANT EMOTIONAL HEALTH ON SOCIAL MEDIA, AND LIKE AND SHARE 988 POSTS.
3. TELL SOMEONE YOU CARE ABOUT. YOU NEVER KNOW WHO COULD BE GOING THROUGH A HARD TIME OR WHEN THEY MIGHT NEED HELP.



Media Resources



DBHDS Facebook



DBHDS LinkedIn



DBHDS Instagram

