



988VA PHASE II TOOLKIT  
STATION-PRODUCED RADIO

**HERE TO HELP :30**

**VOICEOVER:** So let's say...you're feeling overwhelmed or completely hopeless. What can you do when things get this bad? You can talk to somebody who knows how to help you. Their phone number is 988. If you call 988, you'll talk one-on-one with a real human being to figure out what's going on, and what you need to do. It's all free, and it's all confidential. For emotional support, 24/7, call 988. Virginia is here to help.

**NEVER ALONE :30**

**VOICEOVER:** You might think there's nobody who cares. But there IS somebody who cares. It could be a friend. It could be your family. Or it could be the person you talk to when you call 988. When you call 988, you can talk one-on-one with a crisis worker who knows how to get you the help you need. It's 24/7, it won't cost anything, and it's all confidential. If you need emotional support, call 988. Virginia is here to help.

**MAYBE :30**

**VOICEOVER:** Maybe you love somebody and you're afraid they're going to hurt themselves. Or maybe you don't think you fit in anywhere. Or maybe it's just getting too hard to go on. Maybe...you should call 988. It's Virginia's new number for one-on-one help with any kind of mental health crisis. It's completely confidential. It's free. And you can talk to a real person who knows how to help you. Virginia 988. Maybe...you should call.