



**WHEN YOU FEEL
LIKE YOU DON'T
HAVE HOPE, YOU
HAVE COMMUNITY.**

You know how stressful life can be. Sometimes, it might seem too hard to handle. But please remember, you're not alone. 988 is here for you 24/7, with free, confidential, one-on-one help from a trained mental health crisis worker. Call, text or video chat with us whenever you need us. **Virginia is here to help.**

