



# SUPPORT IS JUST ONE CALL AWAY.

Whether you're experiencing a mental health challenge yourself, or know someone who needs help, **988 is here for you.** Below is a list of helpful tips about this free, confidential service.



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- DO:** Listen compassionately to the person asking for support.  
**DON'T:** Assume everyone can manage challenges. It's okay to seek help.
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- DO:** Reinforce there is help 24/7 through 988.  
**DON'T:** Think calls are only answered from 9–5. Lines are open day and night.
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- DO:** Remember that every call is free and confidential.  
**DON'T:** Hesitate to reach out. Assistance is designed to be inclusive.
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- DO:** Call 988 if anyone around you needs assistance with issues ranging from stress, anxiety and depression to suicidal thoughts.  
**DON'T:** Wait for a crisis to call. 988 is for those who need support with mental health.
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- DO:** Know you will talk to a trained crisis worker immediately.  
**DON'T:** Hesitate to be honest with your issues. Chat with a counselor one-on-one.
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- DO:** Spread the word about 988 in your community.  
**DON'T:** Think support is hard to find. It's as easy as using your phone.
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**Free, confidential emotional support.**

**DBHDS**   
Virginia Department of Behavioral Health  
and Developmental Services



**988.** Call, Text, Chat or Use ASL. [988va.org](https://988va.org)

