



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.



DO: Listen compassionately to the person asking for support.
DON'T: Assume everyone can manage challenges. It's okay to seek help.

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.

DO: Remember that every call is free and confidential.
DON'T: Hesitate to reach out. Assistance is designed to be inclusive.

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.

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.

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.

Free, confidential emotional support.

DBHDS   **988.** Call, Text, Chat or Use ASL. **988va.org**
Virginia Department of Behavioral Health and Developmental Services

