



**YOU FEEL
LIKE NOBODY
CARES. WE DO.**

No matter how bad you feel, we're here for you to talk it through and find you help. We're 988, and if you call or text our number, you'll reach a trained mental health crisis worker. It's free, confidential and 24/7. Reach out to us. **Virginia is here to help.**

DBHDS 
Virginia Department of Behavioral Health
and Developmental Services



Call 988 today or visit **988va.org**

